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MEET THE EXPERTS

DR. LEE **DAY**

Dr. Day is a physician and Internal Medicine resident in South Carolina. His medical interests include cardiology, sports medicine, and critical care medicine. He began practicing jiu-jitsu while in medical school and trains under Jeb Brown at Lexington Jiu Jitsu.

MARSHAL D. **CARPER**

Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is WhiteBeltProblems.com, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

WILL **SAFFORD**

Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

COREY **BEASLEY**

Corey has been a strength coach for 16 years and works with a variety of combat athletes in Southern California. He owns Innovative Results gym in Costa Mesa, CA and founded a site called FightCampConditioning.com, that provides strength and conditioning advice for MMA fighters, jiu-jitsu players and other combat athletes.

MACKENZIE **ARRINGTON**

Is an award winning chef out of Boothbay, Maine. He is the author of GrapplerGourmet.com, a comprehensive guide to cooking for the BJJ lifestyle. On the mats he is a blue belt out of PSABJJ in Brooklyn, NY, and a personal chef off the mats. Follow MacKenzie at **facebook.com/grapplergourmet**.

Look for us Online:
@jiujitsumag

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Leandro Lo shows us his five favorite techniques.
Photo: Paulo Fridman

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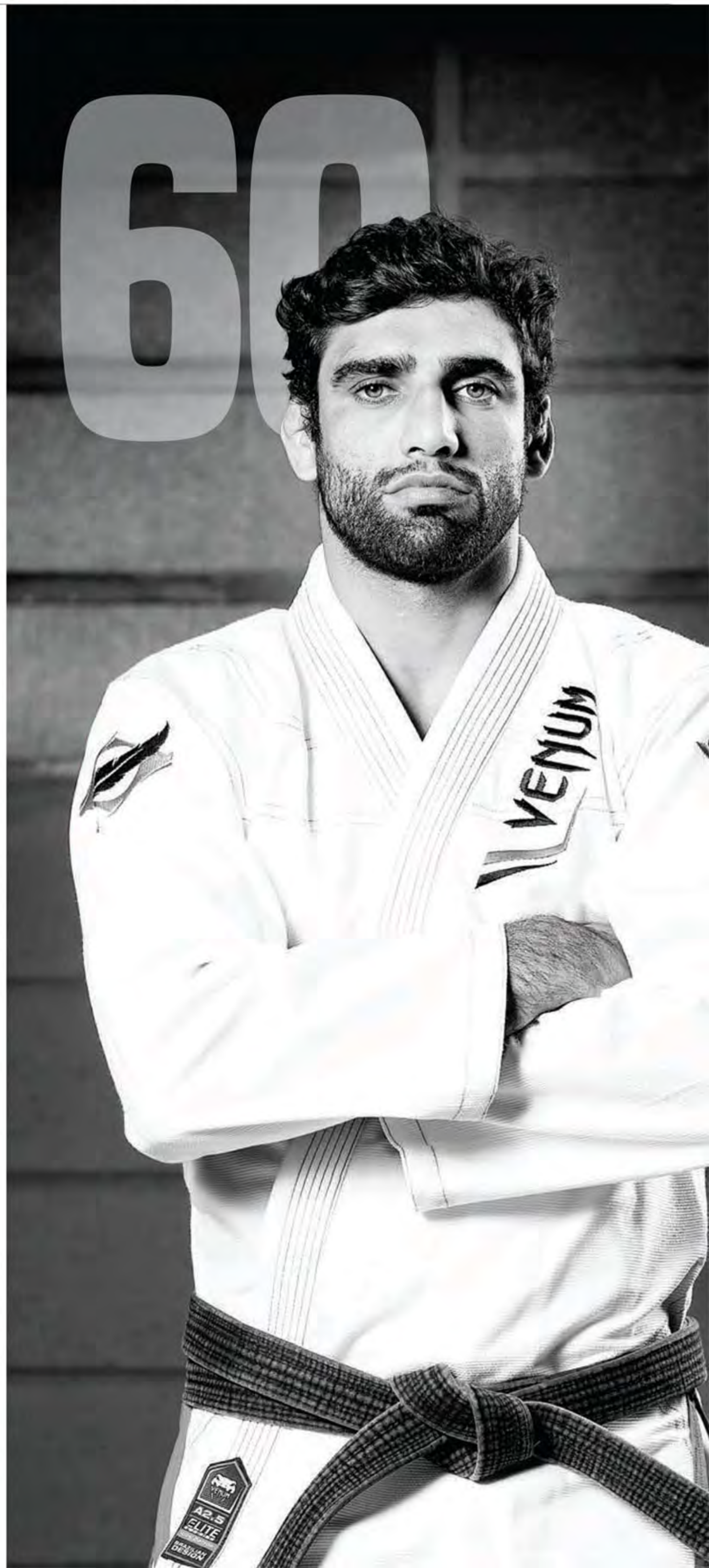

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EDITORIAL

DON'T HATE THE PLAYER

USUALLY THAT LINE ABOVE IS FOLLOWED BY "HATE THE GAME", BUT YOU SHOULDN'T HATE THE GAME EITHER. BACK IN ISSUE 38, WE DID AN ARTICLE ON WRISTLOCKS WITH PETE THE GREEK LETSOS. Since we did that interview and published that article, I've been in love with wristlocks. I use them all the time, ask any blue belt and above at my academy. Not too long ago, a meme went around referring to wristlocks as being cheap, prison rules. I thought it was funny; then I started to read some of the comments attached to it. There were lots of people saying disparaging things about my beloved wristlocks. Were my feelings hurt? Nope, not really. Championships have been won with wristlocks, and the last time I looked, there were no asterisks besides them. Years ago, leglocks were looked at as cheap and easy. Now look at any high level match between two greats, and it's all a leglock game, especially in no-gi. So what's the point of this editorial, besides protect your wrists when we roll? The point is that just because you might see a technique as being low hanging fruit, or something you think is beneath your game, don't dismiss it. Use it. If you're sheltering your training partner from anything- wrist locks, Ezekiel chokes, anything that's perceived as not that difficu - you're doing your training partner a HUGE disservice. You both want to learn and training at your school is where you do that. You should be challenging your partners at every roll; this makes you better and makes them better. If you or your teammates never go for certain attacks in training for whatever reason, you're never going to learn how to defend them. What happens when you don't know the defense for something? You get caught in it in competition. Like ANY joint manipulation, wristlocks can be dangerous. Be respectful of your training partner. If you get a lock on the wrist, let them know it's there and apply pressure slowly - give them time to tap. They'll know you're playing by prison rules, just kidding, and will now know to be on the lookout and hopefully not get caught. Training at your academy should always be about trying new things, exploring your jiu-jitsu, and discovering what works and what doesn't work for you. Holding back on some type of technique on your partner for any reason isn't doing either of you any good. Just be safe.

Speaking of wristlocks, I'm excited to announce that we're going to be producing our first DVD with none other than Pete the Greek himself. The subject of this yet untitled DVD – you guessed it, wristlocks. We should be filming by the time you're reading this. If you want to get on the mailing list and be the first to know when the DVD is available, go to **LockTheWrist.com**

Keep Rolling

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jiu-jitsu magazine

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Some of the techniques described in this magazine can be dangerous. Always practice safe procedures and use common sense. Recon Media Inc., and the Publisher can not be held responsible from any injuries or damage caused by these techniques. Perform at your own risk.

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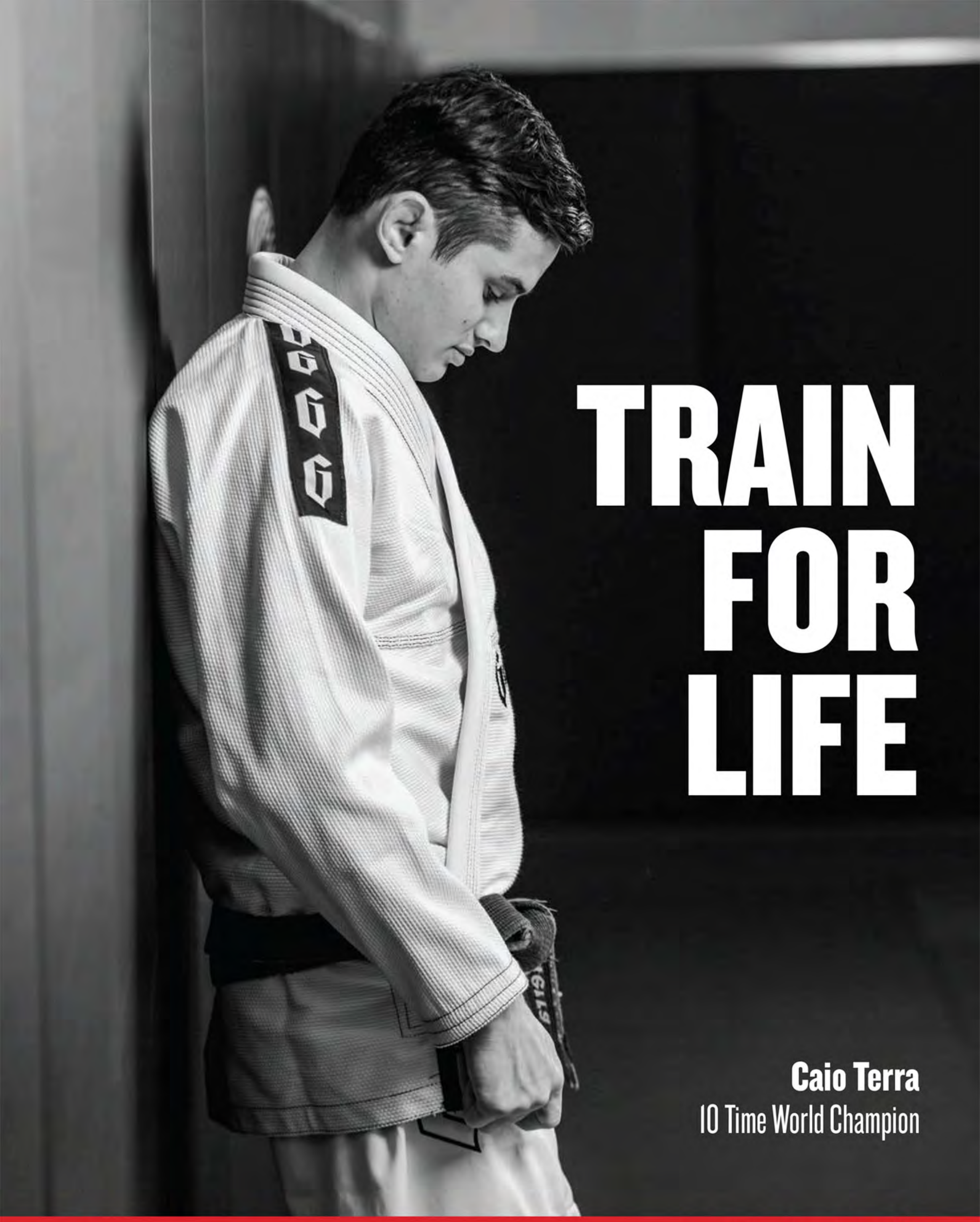

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IN FOCUS

PHOTO: **MIKE CALIMBAS**

THE KING OF CHOKES

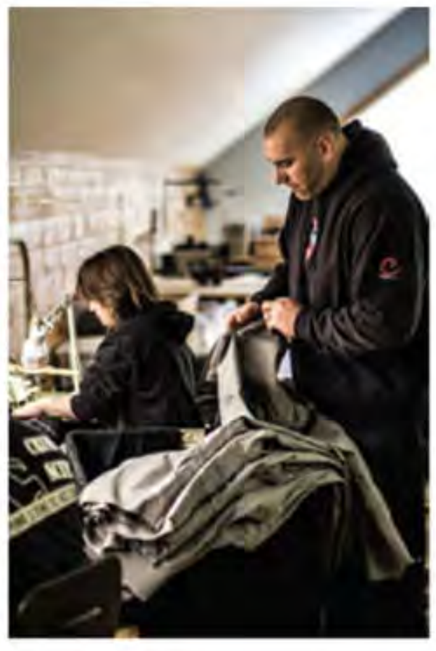
Alliance's Francisco Sinistro Iturralde is known as a dynamic finisher and that's what he went for against Daniel Rivas, finishing with a rear-naked choke less than 2 minutes into their sub-only superfight at Fight to Win PRO 2.

WEIGHING IN

THE ULTIMATE WARRIOR

ORIGIN CHANGED THE GAME A COUPLE YEARS BACK BY BECOMING THE FIRST COMPANY TO DESIGN, CUT, AND SEW THEIR OWN GI HERE IN THE UNITED STATES. SINCE THEN, THEY'VE TAKEN IT MANY STEPS FURTHER. They spin their own thread, weave it, dye it, cut it, sew it, and even the cotton is grown here. Recently, Origin announced a new brand coming out of the factory in Maine- it's called Warrior. The mission of Warrior is simple, to create a high-quality, long-lasting gi that's affordable and made here in the United States. What does "affordable" mean? How about $139 for an American made gi. At launch, the line-up includes gis in seven different colors, each with a unique name. The white gi (Everest) sells for $139, black and blue (Apache and Honor) sell for $149 and the more unique colors retail for $159. No matter the name, these Warrior gis are all made in America, feature 100% ultra light tactical twill that according to Warrior is twice as strong as Ripstop. The seams are triple stitched and felled (folded), double wrapped EVA foam collar, pants with a built in gusset, and corded drawstring. Some sizes weigh less than 2 pounds, gi and pants combined! We're anxious to get our hands on one. Initial production will be limited. The first models are set to go into production before this issue reaches you. You can get more details, sizing information, and purchase one for yourself at the Warrior website.

WARRIORKIMONOS.COM



WHERE ARE MY PANTS?

When you get done rolling, you're in a hurry to get home. Maybe dinner's waiting for you. Your wife sends you a text, something like, "We're out of salsa, can you pick some up?" At first you panic, you think, "Oh no, I didn't change out of my gi pants." Walking into the grocery store with your gi pants on wouldn't be the end of the world, but what about your wallet, your keys, your phone? The panic settles, you remembered that you are wearing your Higashi Lifestyle Pants. These pants are very similar to your typical training pants but made to be worn not just on the mats. They're made of a unique stretch cotton, fasten with drawstrings, feature dual side pockets, and come with a mini travel bag. Sizes range from XS to XL and are available in both black and white. Not sure if pockets are legal at federation events but who cares, these are practically gi pants you can wear anywhere! They're available for $79 a pair and available at

FUJISPORTS.COM

EBI 6 ON UFC FIGHT PASS

Originally to be held in Mexico City, EBI 6 has moved back to LA's Orpheum Theater and on April 24th, EBI 6 will feature one of the most diverse cards of any grappling tournament. Like previous EBI tournaments, this no-gi event will use a special set of rules devised by Eddie Bravo himself that emphasize submissions and exciting fights. This 16-man card has no weight limit and has an amazing mix of gi and no-gi jiu-jitsu practitioners including EBI champ and foot lock specialist Garry Tonon. Andre Galvao recently had to pull out citing the lack of training partners since many of his students are training for the current gi season of competitive jiu-jitsu. We'll be anxious to see who the 16th competitor turns out to be April 24th!

1 Abraham Marte
2 Yuri Simões
3 Garry Tonon
4 Richie "Boogeyman" Martinez
5 Eddie "Wolverine" Cummings
6 Dean Lister
7 Vinny Magalhaes
8 Amir Allam
9 DJ Jackson
10 Matheus Diniz
11 Fabian Bolaños
12 Rustam Chsiev
13 Bruno Bastos
14 Evandro Nunes
15 Lucas Rocha
16 To Be Named

For the first time ever, the Eddie Bravo Invitational will be available to watch live on UFC Fight Pass.

UFC.TV

UFC FIGHT PASS

WEIGHING IN

VENUM ELITE LIGHT

When we shot Leandro Lo for this month's cover and cover feature, we noticed the gi he was wearing wasn't one we had seen before. After some further investigating, we found out it's Venum's new Elite Light gi. It's designed to be both super light and exceptionally strong. The gi top is made of 100% lightweight cotton pearl weave while the pants are made of lightweight yet durable ripstop cotton. The pants are doubled up in the knees for a little added protection. We're not yet sure what color combinations will be offered, but the one Leandro was wearing was white with some nice red accents and contrast stitching. All of the Venum gis we've had our hands on have been top notch in terms of quality- we're sure this one will be no different. We made a call to Venum and they're expecting to have the Elite Light available in time for summer when you definitely want a lightweight gi. No word on price, but you can keep track of things at their website.

VENUM.COM

WHATCHA GONNA DO?

We have it on good authority that BAD BOY is going to be getting back into the jiu-jitsu market in a big, big way. Not that they ever went anywhere. You can watch old videos of Walid Ismail stirring up trouble on the beaches of Copacabana and what gi does he happen to be wearing? Yup, you guessed it – BAD BOY. The newest products to be released are the new BAD BOY Performance Bag Series. Each progression in size gets a little more serious than the last one. The Urban Assault Performance Bag (shown) is perfect to carry a gi, your computer, and anything else you might need, to and from class. Moving up to the Stealth Combat Bag, there's plenty of room for a couple gis, shorts, headgear and whatever else you might need. Finally, the Battle Ready Duffl is for that long distance tournament or a full compliment of MMA gear. All of the bags have some common features including high-quality 600D polyester material, backpack straps that utilize HEXTECH™ technology that helps to disperse the load when you're lugging the bag around. We've got a review coming next month on Stealth Combat Bag and maybe the Urban Assault as well. Be sure to check it out. You can get more information on all these bags and other gear coming from BAD BOY at their website.

BADBOY.COM

THE MATS DON'T LIE.

CTRL INDUSTRIES

WEIGHING IN

AT LEAST YOU CAN ONLY GET IT ONCE

Recently, a high-school wrestler from San Jose, California made national and even international news thanks to a herpes outbreak on his face that he believes he contracted at a wrestling match. Blake Flovin called on CIF [California Interscholastic Federation] to postpone an upcoming state championship the weekend following his outbreak fearing that the virus could have been contracted by other wrestlers who attended the previous match. The CIF refused to postpone the event and Flovin was forced to miss it due to his condition.

The Journal of American Academy of Dermatology recently released a study following high school wrestlers for over five years and found that 73.6% of their skin infections were believed to be as a result of contraction during wrestling. Football was a distant second with only 17.9% of instances. In the study, 60.6% of infections were bacterial followed by tinea [ringworm] at 28.4%. Herpetic lesions, like cold sores and fever blisters, represented 5.2%. The strain of herpes contracted by Flovin is herpes gladiatorum which is very contagious.

We're always plugging products like Defense Soap and other hygiene products that can help reduce your risk of contraction. Hopefully, your hygiene techniques are better than the average teenage wrestler, and even if they are, there's still that threat every time we step on the mats. Speaking of "stepping on the mats", check out the review of the Defense Soap Foot Cleaning Station in this issue and be sure to practice proper hygiene before and after every roll. Check out the article in Issue 39 on MRSA for more information.

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WEIGHING IN

HEMP BELTS

As the political season heats up, you know better than to strike up a conversation with someone about Trump or Hillary. But have you ever brought up the subject about whether or not to wash your belt? Be careful who's around when you do- it could get nasty. Flow Kimonos has a perfect solution to the dilemma so that you won't ruffle nyone's feathers. They now offer a complete line of belts made of naturally antimicrobial and anti-odor 11 oz 100% hemp twill. The belts have a pliable inner core that's not too stiff, but not soft eithe . These are serious belts made to last years of heavy use. They are available in white, blue, purple, brown, and black. One of these bad boys will set you back $50, but it will be money well spent.

FLOWKIMONOS.COM

MARK SCHULTZ PROMOTED TO BLACK BELT

Mark Schultz is a legend in American wrestling. He's an Olympic Gold medalist and 2x world champion. Recently, Mark earned his Gracie Jiu-Jitsu Black Belt under Master Pedro Sauer. Mark got his first taste of jiu-jitsu back in the early 90's when he began training under Pedro Sauer in Utah. Congratulations Mark!

MARKSCHULTZ.COM

PEDROSAUER.COM

ANDRE GALVAO

WARTRIBEGEAR.COM

PROMOTIONS

Joel "Bad News" Burgess

SCHOOL: DOJO1
LOCATION: CENTRAL NEW YORK

Joel Burgess was awarded his black belt by no other than the great Marcelo Garcia.

NINO RIDOLFI AND DENNIS CASTILLO

SCHOOL: LAW MMA
LOCATION: GARDEN CITY, NEW YORK

Nino Ridolfi and Dennis Castillo recently received their blue belts from Pete "Drago" Sell at Law MMA. Both are in their 40's and addicted to jiu-jitsu! Great job guys!

CHRISTIAN POPE

SCHOOL: WARRIOR DEFENSE MARTIAL ARTS
LOCATION: DELAND, FLORIDA

9-year-old Christian Pope has trained Brazilian Jiu-Jitsu the last five years. She trains five days a week and competes about once a month anywhere she can. She is excited to be part of the future of combat sports! Maybe the UFC should keep an eye on her!

BRIAN ERNST AND ROBERT HURD

SCHOOL: MANNON BJJ
LOCATION: BLACKSBURG, VA

Robert Hurd was promoted to brown belt, and Brian Ernst was promoted to black belt by Renzo Black Belt Tim Mannon. Way to go!

DAN SMITH AND RYAN FIORENZI

SCHOOL: KAIZEN BRAZILIAN JIU-JITSU
LOCATION: PLYMOUTH, MI

Congrats to Dan Smith on getting to the rank of black belt and Ryan Fiorenzi on achieving his 4th degree from Chris Haueter! Very cool!

RUTH HWU

SCHOOL: BUCKHEAD JIU-JITSU
LOCATION: ATLANTA, GA

At Buckhead Jiu-jitsu in Atlanta, Ruth Hwu received her blue belt from Sam Joseph. She is the first female blue belt at the academy, and a true leader within the academy. Awesome job Ruth!

ICONS

School: ICON JJ Team
Location: Holland

WOW! THAT'S A LOT OF BLACK BELTS!!!

+ **Zé Marcello** (Instructor, 1st on the left)
+ **Olivier Collomb** (black belt - 2nd from the left)
+ **JC Herbert** (black belt - 3rd from the left)
+ **Nico Herbert** (black belt - 4th from the left)
+ **Lennart Hoopman** (1st degree - 5th from the left)
+ **Farzin Karbalai-Sadegh** (1st degree - 7th from the left)
+ **Farid Ben Omar** (2st degree - 8th from the left)
+ **Jessie Gibbs** (2st degree - 9th from the left)
+ **Reggi Rink** (black belt - 10th from the left)
+ **Francis Thode** (black belt - 11th from the left)
+ **Alex Ramirez** (black belt - 12th from the left)

LEAN, MEAN SALAD GREENS

LEARNING HOW TO COMPOSE THE BEST POUND FOR POUND SALAD.

WORDS: **MACKENZIE ARRINGTON** | PHOTOS: **PATRICK FLORES**

ARE YOU EATING ENOUGH GREENS? MOST OF US ARE NOT, BUT WHY DO YOU THINK THAT IS? Why would the majority of us immediately dismiss salads as being "filler" or the "food my food eats"? When in reality, a properly made salad can not only knock your taste buds around, it can crush any other meal nutritionally. The trick is to pick the right ingredients and treat them appropriately. Oh, and it doesn't hurt to avoid the biggest error that people make with salads- over dressing or using the wrong dressings, which can be packed with fats and sugars. Grab your mental fork; it is time to dig in and learn how to make a power salad.

FIND YOUR BASE

Salad greens are the heart and soul of making a power salad. They not only are packed with vitamins and minerals, they are loaded with flavor too. When selecting salad greens, there are a few indicators to choosing the right one for the right salad. Before narrowing down which to get, it must be said that the fresher, the better. When we can, we should always get whole heads of salad greens from the local market, then wash, cut, and mix them ourselves. But what should we be looking for when we are overwhelmed by a million and one different types of lettuce? We must simply use our senses.

SIGHT: One of the best indicators for lettuce. The darker in color a leaf is, the more nutrient packed it is. In addition to that, red lettuce has nutrients that greens do not, so a healthy mixture is key.

FLAVOR: Bitter or sweet? Salad greens can range from being sweet, to face puckering bitter, to mustardy-sharp. Finding a balance can make or break a salad. Nothing is worse than biting into a bowl full of bitter greens with a bitter salad dressing.

TEXTURE: The more curves and angles a lettuce has, the more likely it will pack a little crunch. Mix and match soft nd buttery lettuces such as "butter lettuce" with crunchy kale or frisee. We want our salad to be texturally pleasing, as well as taste good. Managing the level of crunch is equally as important too. Cut crisp lettuce into smaller pieces while leaving soft leaves whole.

BITTER GREENS

Frisee, endive, radicchio, and escarole.

SPICY GREENS

Arugula, mizuna, mustard greens, dandelion greens, watercress, and swiss chard.

NEUTRAL GREENS

Iceberg, romaine, bibb, leaf lettuce, butter lettuce (red & green), and oak leaf (red & green)

DELICATE GREENS

Kale, spinach, mache, and purslane.

PACKING IN A PROTEIN PUNCH

The most over thought category of salads is protein. Salads can pack a huge amount of protein in addition to other nutrients and vitamins. There are two different ways to go about getting the most protein out of...or into your salad.

Meat, meat, meat! Most of us savages do not believe a meal has protein without a meat source. Granted that is wrong, yet meat does have its place in salads and makes an easy protein source. The best way to add in meats to a salad is to not wilt your greens by slapping a smoking hot piece of chicken straight off the grill onto it. So prepare the meat in advance and in bulk by grilling, poaching, or pan searing and have it in the fridge for an easy addition to any salad come dinner or lunch time.

BEST MEATS: Chicken (grilled, poached, roasted, or seared) soft boiled eggs, teak (seared, grilled) tuna (seared, grilled or from a packet/can) cured meats, and salmon (seared or grilled).

MEATLESS MASTERPIECE: Salads are a perfect home for protein alternatives. Packing in mixed nuts, cooked grains such as quinoa, and cheese for added protein is a smart move. Roasted chickpeas, and even beans, are great additions to certain salads to boost the protein. Think about "a little here and a little there" when it comes to getting your protein from a less direct source than a piece of chicken.

WORK IN SEQUENCE

When preparing any salad, lightly dress and mix all of the add ins together without the greens first; then lightly dress your greens separately. Then combine the two. This way we are not beating up the greens with all of those vegetables.

NO FILLER WITH ALL THE FLAVOR

Salads are not just about greens and proteins. They are a perfect vessel to sneak in a boatload of vegetables, grains, and superfoods. You're not going to go out and eat a tablespoon of chia seeds just because they are great for you. But you can certainly add them into a salad and be amazed at how they change the whole dynamic of a salad. So load up your salad with add ons and aim to eat the rainbow. Colors are Mother Nature's indicator of nutrients. Fit in as many as you can into your salad.

KEY SALAD VEGETABLES

Any of them. You really cannot go wrong.

GAME CHANGERS

Fresh berries and nuts.

GREAT GRAINS

Oats, quinoa, sweet potato, rice puffs, toasted panko japanese bread crumbs.

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JJM RECIPE

TOP SECRET S**T

We just learned that most salad dressings are vinaigrettes. That paired with all of the superfood additions to a salad, we can now make what all of us love, a quick and easy nutrient packed dressing that cuts out many of the negatives of salad dressing and contains all sorts of goodness.

Avocado-Cucumber Chia Dressing

Add this to any salad and you will be recharged, full, and clean.

INGREDIENTS

1/3 cup Olive oil or coconut oil

1 clove Garlic, minced

3/4 cup Cilantro, chopped

2 Avocados, seeded, diced, scooped out of shell

1 Cucumber, peeled, seeded and roughly diced

1/4 cup Lemon juice

1/2 Tbsp Chia seeds

1/2 Tbsp Flaxseed, ground

Salt and freshly ground black pepper

Optional: 1/4 tsp Cayenne pepper

METHOD

- Add oil and garlic to a blender and pulse until smooth.
- Add remaining ingredients and keep blending until smooth.
- Season to taste and fancy your salad up with this.
- This can be stored for a few days in the fridge in an airtight container.

GETTING DRESSED UP

Salad dressings are one of life's greatest mysteries. Most of us assume that because they are associated with salad or are "lite", they are healthy; this is not true. Most generic salad dressings are loaded with sugars, fats, and that is about it. Added to that, most of the world makes the mistake of drowning their salad with dressing because they hate the taste of what they are eating but love the taste of the sugary, sweet salad dressing. Most every salad dressing can be made healthier or avoided altogether by making your own, having a good substitute, or total avoidance.

Buttermilk Ranch 16 FL OZ

Nutrition Facts

Serv Size 2 Tbsp (30mL)
Servings about 16
Calories 140
Fat Cal 130

Amount / Serving	% DV*	Amount / Serving	% DV*
Total Fat 15g	23%	**Total Carb** 1g	0%
Sat Fat 2.5g	13%	Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholest 5mg	2%	**Protein** 0g	
Sodium 290mg	12%		
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: SOYBEAN OIL, WATER, CULTURED LOWFAT BUTTERMILK, DISTILLED VINEGAR, SUGAR, SALT, CONTAINS LESS THAN 2% EGG YOLK, ONION JUICE, GARLIC JUICE, PHOSPHORIC ACID, NATURAL FLAVOR, XANTHAN GUM, SPICE, POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVES), DISODIUM INOSINATE AND DISODIUM GUANYLATE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR.

CONTAINS: MILK, EGG.

RULE OF THUMB

When dressing a salad, use less than you think. You want the salad dressing to lightly coat the leaves. Think swimming, not drowning.

TWO MOST COMMON ENEMIES

VINAIGRETTE: Which is essentially oil and vinegar emulsified with herbs and spices to make a creamy and sharp salad dressing. The basic ratio for vinaigrettes is 3 parts oil to 1 part vinegar. Now think about that. For every cup of vinaigrette, you have ¾ cup of oil...AND most vinaigrettes have sugar added to sweeten them. Now you see why salad dressing can be dangerous?

CREAMY DRESSINGS: Here we have our ranch, bleu cheese, aioli etc. What makes these dressing creamy? You guessed it, mayonnaise. So does adding a packet or two of ranch to your salad sound like a good idea now? No, it sure does not. Mayo based dressing are packed with sugars and fat again because they are targeted toward the American market, which sadly loves sweet and creamy foods. "How can we get these fat people eating healthy foods? I have an idea, why don't we cover it with mayo and sugar!"

FIGHT BACK WITH FOOD SMARTS

OIL & VINEGAR: probably the safest bet as far as salad dressings go as long as you choose a good quality healthy oil such as coconut oil, sunflower oil or high grade olive oil. The luxury of this is that you can actually see how much oil you are adding and can skimp rather than just dumping a cup of pre made salad dressing on that probably is ¾ oil. Vinegars are awesome. There are a ton of very high quality and deliciously flavored vinegars on the market that will elevate your salad with only a few drops. For example blood orange balsamic vinegar with a little olive oil on a salad will blow any premade dressing out of the water. Use a similar ratio to vinaigrettes when adding to your salad.

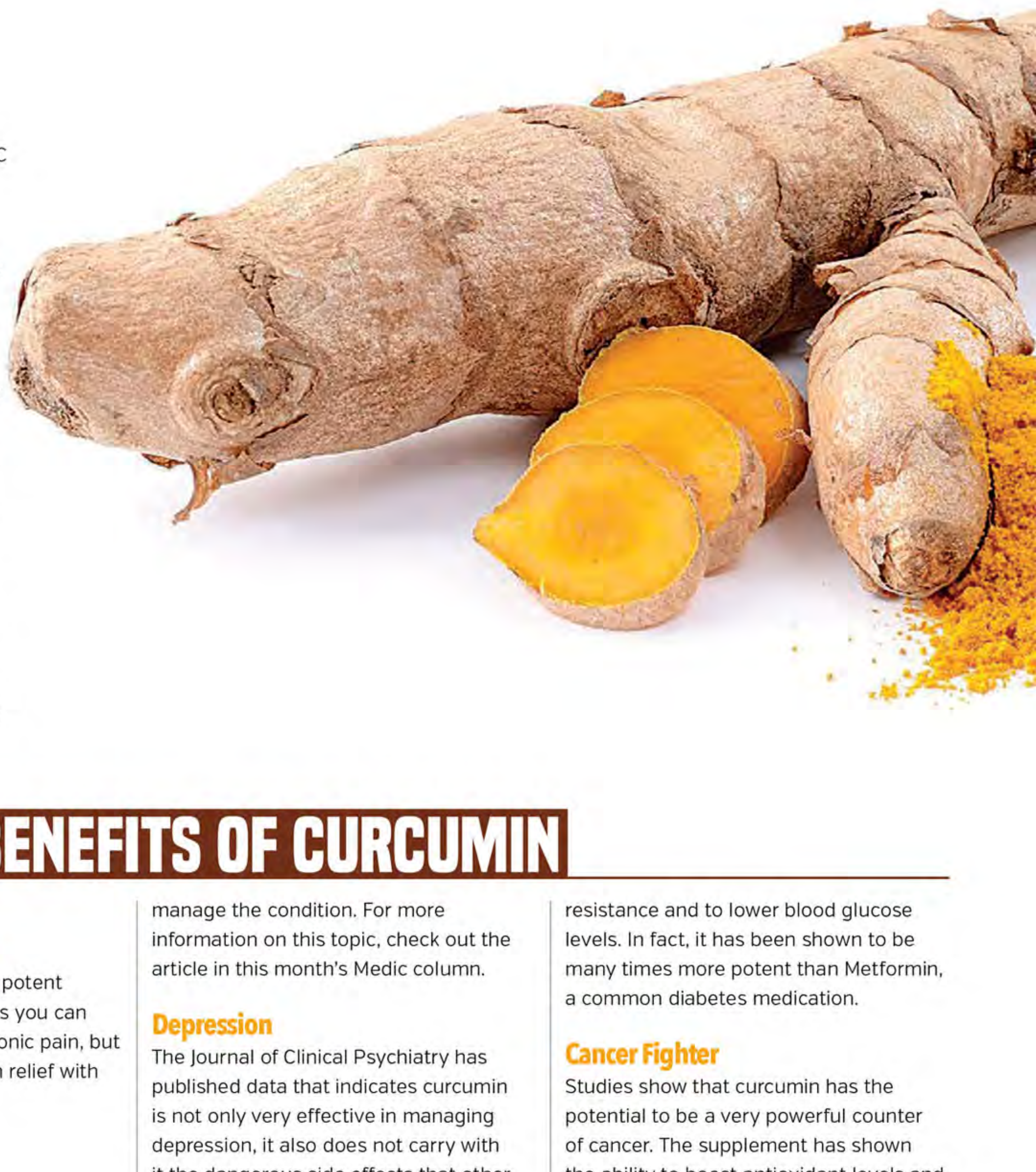
OTHER ALTERNATIVES: What makes a creamy dressing good? The creaminess does so use other healthier fat choices to make your own "ranch" style dressing such as avocados. Other great options are to think outside of the box like Mike Velez and use salsa as a salad dressing.

OUT TO PASTURE

We are what we eat, but eating a salad doesn't make you a wuss and does not mean you are going to be left hung y and grazing through your kitchen cabinets for the rest of the night on junk food. A well made salad is the same as a well executed triangle choke. You can toss up a sloppy attempt without any thought or attention to detail and find yourself squeezing for dear life without any gain, or you can take the time, learn the details of it, set it up properly, and be amazed at how effective it is with such ease. If you are interested in learning some awesome cooking tips and trick that will help eliminate time spent in the kitchen and maximize time eating delicious meals that are great for you, check out my new cookbook available at grapplergourmet.com. Remember, a salad does not have to be a side dish or unenjoyable to eat; with the knowledge you now have, you can truly eat well and train hard. Oss.

CURCUMIN

WORDS: **STAFF**



CURCUMIN IS AN ANTIINFLAMMATORY COMPONENT OF THE TURMERIC ROOT WHICH IS A MEMBER OF THE GINGER FAMILY. ALTHOUGH IT'S BEEN USED FOR AGES AS A PRESERVATIVE AND COLORING AGENT IN FOODS, IT HAS GREAT BENEFITS FOR GRAPPLERS. First the boring stuff- curcumin is the principle curcuminoid in turmeric, chemically known as diferuloylmethane and it has a polyphenolic molecular structure similar to plant pigments extracted from green tea (catechins), grapes in wine (resveratrol), or in fruit juices such as pomegranates, strawberries, and blueberries. But enough of the boring stuff; why should grapplers take curcumin?

COMMON BENEFITS OF CURCUMIN

Helps with Chronic Inflammation and Pain

Curcumin is one of the most potent antiinflammatory compounds you can find. It not only counters chronic pain, but it also provides inflammation relief with minimal side effects.

Helps Manage Rheumatoid Arthritis

Because of its high and safe antiinflammatory properties, curcumin has shown to be effective at helping patients with rheumatoid arthritis manage the condition. For more information on this topic, check out the article in this month's Medic column.

Depression

The Journal of Clinical Psychiatry has published data that indicates curcumin is not only very effective in managing depression, it also does not carry with it the dangerous side effects that other antidepressants do.

Diabetes

Curcumin is also known to reverse insulin resistance and to lower blood glucose levels. In fact, it has been shown to be many times more potent than Metformin, a common diabetes medication.

Cancer Fighter

Studies show that curcumin has the potential to be a very powerful counter of cancer. The supplement has shown the ability to boost antioxidant levels and inhibit cancer cell growth. Even in drug resistant strains of leukemia, curcumin may cause death of cancer cells.

SPECIFIC BENEFITS TO JIU-JITSU ATHLETES

Inflammation Sucks

Inflammation is not always a swelling or a red bump in a specific area of the body. It is a natural defense mechanism of the body that helps the body to heal. Inflammation after normal training can be mild, but it is enough to hold you back and adversely affect your training process. The supplement works by blocking molecules that travel into the cells to turn on genes that are related to inflammation.

Back on the Mats

Rest and recovery are important, but so is spending more time on the mats. So it is important that you get the most out of your recovery periods. Curcumin helps damaged muscles recover faster. Studies have shown that it inhibits protein degradation after injury.

Curcumin for Less Stress and Better Sleep

You cannot afford to overlook the mental benefits curcumin provides. If you are a dedicated athlete then you probably already know the importance of sleep. Curcumin can be very helpful here. The compound works by reversing all the symptoms associated with sleep deprivation like anxiety and oxidative stress.

Supplement Facts
Serving Size: 1 Vegetable Capsule
Serving Per Container: 60
Amount Per Serving
% Daily Value
Organic Curcumin (Standardized to 95% Curcuminoids) 500 mg *
Organic Piperine (Black Pepper Extract, Standardized to 95% Piperine) 5 mg *
* %Daily Value not established.
OTHER INGREDIENTS: SILICON DIOXIDE AND HYPROMELLOSE (Capsule)

CURCUMIN DOSAGE

The actual dosage of curcumin depends on your age and weight. The safe and suggested range by most studies is between 100 and 750mg per day. For most jiu-jitsu athletes, 450 to 500mg is a safe place to start.

FINAL THOUGHTS

Compared to the known side effects of ibuprofen and aspirin, curcumin has shown to be a very safe alternative. However, some people may experience diarrhea, dizziness, nausea, and stomach upset. But natural still doesn't mean totally harmless and you should always talk to your healthcare provider before using this or any supplement. Also note that it's not an overnight cure for anything; however, with steady supplementation in combination with a healthy diet and lifestyle, it can be a beneficial and responsible way to take your performance and recovery to the next level.

Please note that this is provided as general education and is not intended to treat or cure any condition. Anyone reading this should speak directly to their personal health care provider about their specific medical needs.

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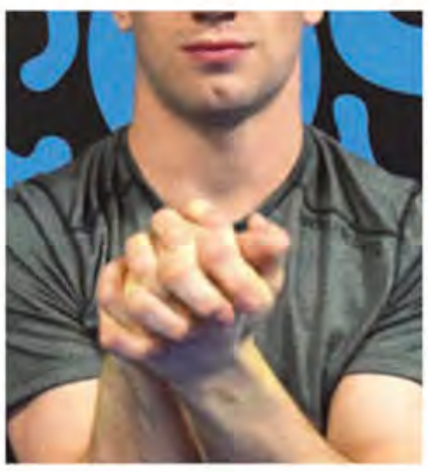
WRISTS AND HANDS

WORDS: **WILL SAFFORD**

THE WRISTS AND HANDS ARE OFTEN NEGLECTED WHEN WARMING UP. HOWEVER, THEY ARE USUALLY YOUR FIRST POINT OF CONTROL WHEN PASSING, SWEEPING, AND SUBMITTING. Our hands are hugely important and can be easily injured from devastating wristlocks or just the heat of battle. A wrist injury can set you off the mats for months, and if left unchec ed, will disrupt your performance indefinitely. As always, save the static stretches for after class, and prepare your wrists and hands for jiu-jitsu with the exercises below.

WRIST ROLLS

You may remember seeing Wanderlei Silva do these before every fight in the UFC as he leered menacingly across the cage at his opponent. Start by clasping your fingers together, keeping your elbows down. While keeping your palms together, rotate your hands around in a circular motion, trying to make smooth even rotations. Start with a smaller range of motion and gradually try to increase the size of your rotations. Continue for 20 rotations then switch the direction of the rotation for another 20 reps.

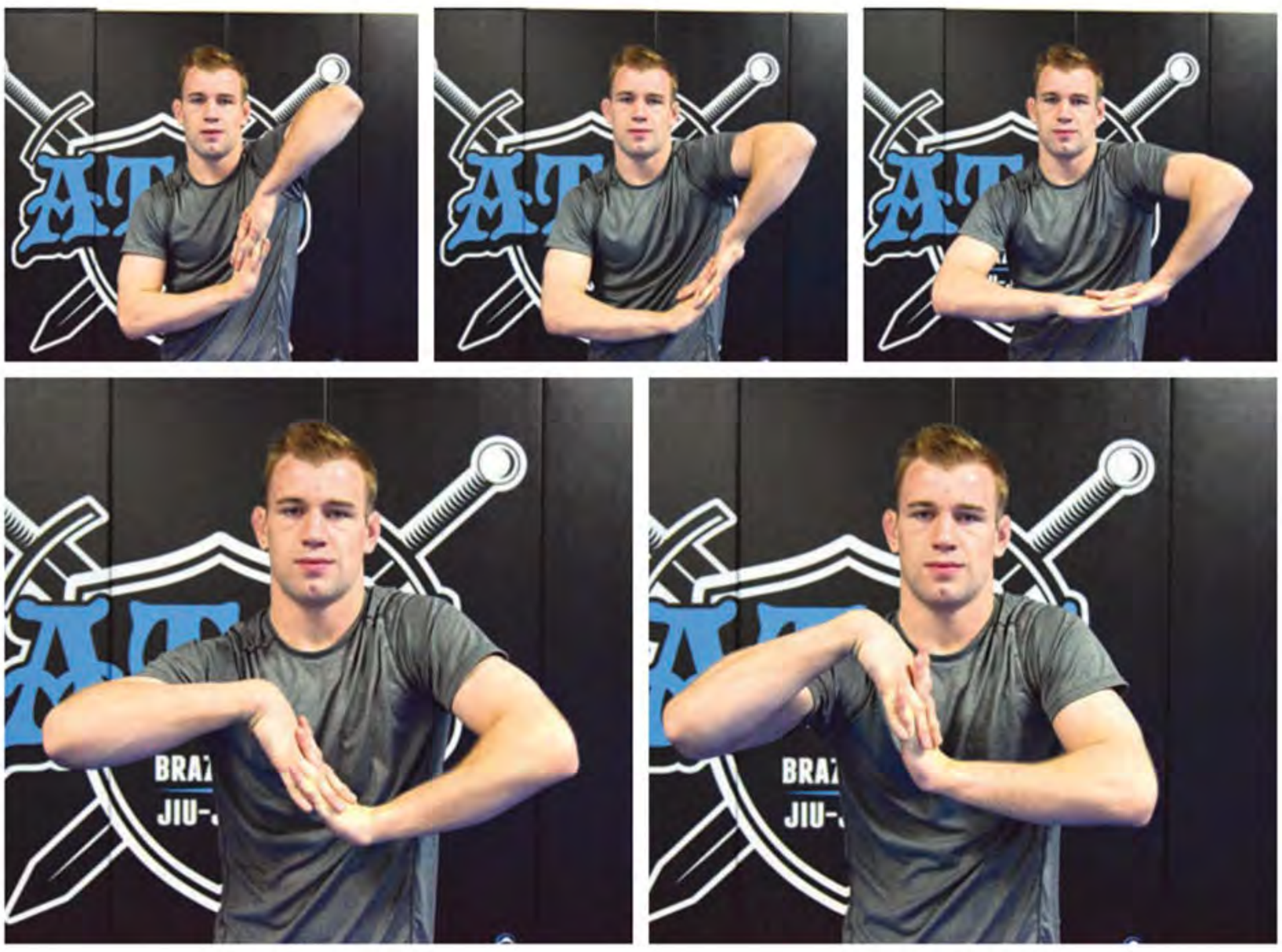


FINGER EXTENSIONS

Stretch your fingers and wrists with finger extensions directly after the wrist rolls. With fingers clasped, turn your palms outward and extend your arms straight in front of you, stretching your fingers in the process. Next, turn your palms toward you, driving your elbows outward and bring your hands in close, as you again stretch your fingers and wrists. Repeat this motion of turning your palms out, away, and in toward you for 10 to 20 reps.

WRIST WAVES

Wrist waves are a great way to stretch the fingers and backs of your wrists. Again with clasped fingers, raise your hands in front of you with bent elbows outward, palms facing the ground. Start the movement by lifting your right elbow upward, which will put pressure on your clasped hands, and drive the left elbow downward. When your fingers have stretched to their endpoint, bring the hands up in a wavelike motion to now elevate the left elbow and drive the right elbow down. Continue with the wavelike motion, stretching your wrists and fingers for 10 to 20 reps, then change the direction of the wave by raising the left elbow first and repeating.



WRIST PULLS

Wrist pulls are a way to simulate a wristlock without sustaining an injury. It's a good idea to push the joint a bit beyond its current range of motion to gain mobility and prevent injury. Start with your left wrist flexed downward, fingers pointing to the ground. Grab the back of your left hand with your right as if you were trying to wristlock yourself. Next, extend your left arm straight in front of you, gently pulling down on the back of your wrist with the right hand. Bend your left elb w to bring your hands in toward you then repeat the "self-wristlock", gently pushing your range of motion with each rep. Continue for 10 reps, then switch hands.

Repeat this same type of wristlock; however, with your palm facing up and the opposite hand grabbing around the fingers. Again, bend your elbow to bring your hand in a bit, then straighten the arm fully and pull the fingers back to stretch the wrist. Repeat for 10 reps on both arms.

LATERAL SHAKAS

The shaka or "hang loose" hand sign is pretty popular in jiu-jitsu circles, so this should come easy to most. Start by folding down your middle three fingers and extending your thumb and pinky in the classic shaka sign. Then, move your wrist laterally side to side as if trying to touch your pinky to your elbow, then thumb to elbow. Don't bend your wrist forward or backward. The normal shaka is a twisting of the wrist however, this movement is side to side. Continue on both hands for 20 reps.

Prescription

As a warm-up before your next training session, start with 20 wrist rolls in each direction aiming for smooth, even rotations. Follow up with 15 finger extensions, stretching your fingers first away from then in toward you. Continue your wrist, hand, and finger warm-up with 10 wrist waves in each direction. Then move on to 20 wrist pulls on each hand, 10 pulling the back of the hand and 10 pulling the fingers. Wrap up your warm-up with 20 lateral shakas on each hand and hang loose!

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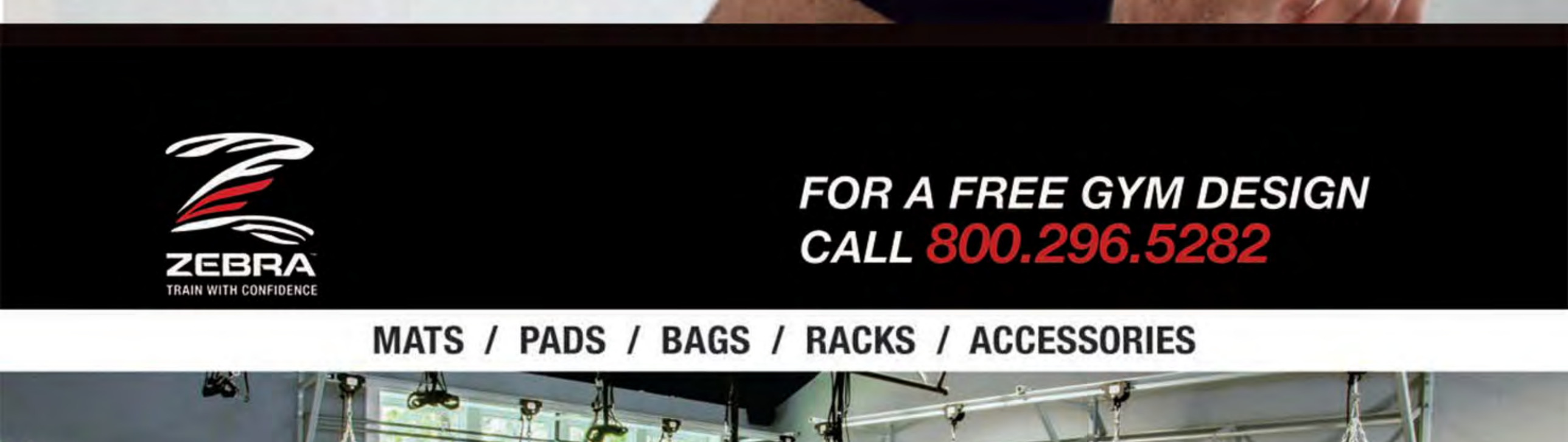
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SOPHIA DRYSDALE

A ONE WOMAN JIU-JITSU POWERHOUSE

WORDS: **HOPE DOUGLASS & AREUM KIM**

SOPHIA DRYSDALE, A NATIVE OF MELBOURNE, AUSTRALIA, CAN CLAIM A LOT OF FIRSTS: AUSTRALIA'S FIRST FEMALE BLACK BELT, FIRST AUSTRALIAN TO PODIUM AT THE IBJJF WORLD CHAMPIONSHIP, AND THE FIRST AND ONLY AUSSIE BLACK BELT PAN AM AND WORLD NO-GI CHAMPION. SOPHIA STARTED HER BRAZILIAN JIU-JITSU CAREER IN 2002, EVENTUALLY ENDING UP AT DRYSDALE JIU JITSU ACADEMY IN LAS VEGAS, NV, IN 2009 WHICH LED TO HER BEING AWARDED HER BLACK BELT BY 6X WORLD CHAMPION, PROFESSOR ROBERT DRYSDALE IN 2010. Adding further onto her impressive list of achievements is her involvement in expanding jiu-jitsu's reach within the Australian and female community. Sophia is the head instructor of Australian Girls in Gi (AGIG), a female only grappling organization founded by Jess Fraser in Australia, which can boast hosting the largest female only grappling events to date.

Never forgetting her roots, Sophia travels annually to Australia to mentor women, a passion of Sophia's that she draws upon constantly to teach seminars addressing the trials women face on the mats. Her female-only seminars focus on elements of jiu-jitsu that a woman could encounter, like how to break down a bigger and stronger opponent with spider guard control. As she continues to inspire girls and women of all ages, and as she continuously refines her jiu-jitsu with the female perspective in mind, she wants women everywhere to know that while the journey to black belt is a hard one, she hopes that her own story will push others to excel greater than was possible in the past.

In Sophia's own words, "I personally strive to make the journey for all women who train a better one. I hope that I can provide guidance and motivation, and be that role model for women to aspire to. I want to show women that it can be done - that you can be a woman AND be a black belt AND be a World Champion AND be a mother in this heavily male dominated sport."

Sophia was born in Melbourne, Australia and currently lives in Las Vegas Nevada. In 2002, she began Brazilian Jiu-Jitsu and since 2009,she has been training at Drysdale Jiu Jitsu academy in Las Vegas, NV, where she was awarded her black belt by 6x World Champion, Professor Robert Drysdale in 2010.

"I PERSONALLY STRIVE TO MAKE THE JOURNEY FOR ALL WOMEN WHO TRAIN A BETTER ONE."

About MYBJJ TEAM SYDNEY

myBJJ Team (where Sophia mentors whilst in Sydney), is the Sydney home of AGIG and hosts the largest women's team in the state. The women's team and classes are led by myself (Hope Douglass). Here is a link to my instructor profile if you need any more info on me:

WWW.MYBJJ.COM.AU/INSTRUCTORS/AUSTRALIA-INSTRUCTORS

OPENING YOUR OWN SCHOOL

WORDS: **ERAN GALPERIN**

FOR EVERYONE WHO TRAINS JIU-JITSU LONG ENOUGH, THERE COMES A POINT IN THEIR JOURNEY WHEN THEY THINK ABOUT WHAT IT WOULD BE LIKE TO OPEN THEIR OWN SCHOOL. THIS OFTEN HAPPENS DURING THE HONEYMOON PERIOD WITH JIU-JITSU - WHEN ALL YOU THINK ABOUT IS HOW GREAT IT WOULD BE TO REPLACE YOUR OFFICE JOB / SCHOOL TIME WITH BEING ON THE MATS 24/7.

Opening a jiu-jitsu school is not as simple as it might seem at first look; especially, if you've never started a small business before. And make no mistake - running a school is a business. Let's examine the considerations you should make before opening up your own place:

IT'S A REAL BUSINESS

Something that might not appear obvious from the outside looking in but running a jiu-jitsu school is a business like any other. You have recurring business expenses such as rent, insurance, utilities, and salaries. You have legal requirements and permits you need to acquire. You need to attract customers (students) to be able to keep the place open, and you need to engage in marketing in order for that to happen.

Running a school is much more than just being on the mats all day. Some days, you'll barely be on the mats at all! For the special few, it's all worth it. Some even enjoy the business aspects of it. But it's not for everyone - so you need to ask yourself if you're ready to embrace that facet of running your own school.

In addition, opening a school is a major financial commitment and thus a significant personal risk. Are you at a stage in your life where you can afford to take that risk? If the answers to all of the questions I've put forth so far is "Yes", then keep reading.

When you own your own school, you're always looking to acquire students. Even a trip to the grocery store can create an opportunity to find a new student.

EXPERIENCE AND LINEAGE

As I mentioned at the beginning of this article, people first think about opening a school earlier in their jiu-jitsu journey. Around late white belt and early blue, before the big plateaus and major injuries derail you a bit. I see the question of opening a school pop up often on online forums, and it's typically from people at that stage of their training.

In my opinion, that is too early to seriously think about opening a school. A decade ago, it was acceptable to be a blue belt head instructor and school owner, when black belt level instruction was hard to come by. In 2016, unless you live in a rural area with no access to a legit black belt, you would most definitely want to first get to that level before thinking about opening a school. I would advise this regardless of the training situation in your area, as you can only benefit from having the proper background to guide people through their training.

Similarly, if you want to attract experienced people as well as beginners, having a legit lineage is pretty much a must. Even complete beginners nowadays are aware that not all jiu-jitsu schools are the same. Most people will research you before arriving at your school, and having a clear lineage to a known black belt will help put their minds at ease.

If possible, get some teaching experience at your current school. Once you get up in rank, ask your instructor if you could teach a few of the classes. You learn a ton from teaching others, and getting experienced at teaching is very important for being able to retain your own students later.

Although not necessary, having a competitive pedigree will be influential in winning new students looking for more competition minded training.

HAVING A BANKROLL AND MAKING A BUDGET

Starting a school is a major financial investment. The first thing you should do when you are seriously considering it is figuring out all the costs - initial and recurring - and creating a budget around it that would allow you to survive with almost no income for the first 12 months. You need at least that much of a bankroll to avoid going out of business at the first sight of problems (and there will be bumps in the road and unforeseen expenses. I can guarantee it).

If you've never started your own business and don't have a good idea of what it entails, you should talk to people who did. While there is no replacement for real-world experience, you can come much better prepared by doing your research.

The biggest initial investment is setting up your own place. It's rare to find a place that can be used immediately with no additional work - often you will need to do some renovations to fit it out for training. You need a front desk, a bathroom, an equipment area, and a storage area. Having a shower is a big plus, as well as private changing areas, or separate areas, for men and women.

Then you need to buy gear with mats being one of the biggest expenses. I've heard of people renting out mats first and then buying it out at the end of lease, so that might be an option. Most people wouldn't want their mats to be directly on concrete - so you might want to build a subfloor beneath it. You can find a great article on the subject at www.judoinfo.com/tatami. There's a bunch of other stuff - such as furniture and supplies that you need to get - make a list of everything and tally up the numbers. Then add 30% over that as a safety margin.

Aside from the initial start up expenses, you have the recurring costs of running a gym. The biggest ones are rent and insurance. There are a bunch of smaller expenses that add up as well - utilities, an accountant, and in some cases, permit renewals. Similarly to the start up expenses, write everything down in a spreadsheet and build your budget around it.

Once you know how much it would cost to start and run a school for 12 months, you will know how much of a bankroll you need to have initially to be able to survive financially.

FINDING STUDENTS

One of the areas most often neglected, even in established schools, is having a structured approach for getting new members. This will often make the difference between living comfortably from running your own place, and shutting down after a couple of years while knee-deep in debt.

The biggest fallacy is that "if you build it, they will come". You have to be extremely lucky for that to happen. To take luck out of the equation, you need to think about how you can build awareness for your school, and how to convince people to walk through the door.

I've previously written about how people find jiu-jitsu schools in more detail than I'll be able to cover in this article. I'll summarize it briefly here:

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The main ways that people use to find places to train these days are online search and referrals. Those two channels are bigger than everything else combined, and you should address those as early as possible by building an online presence for your school and by creating a referral program.

In that same article, I also address the considerations people make when deciding to join the gym. The most important factors for that are the level of instruction and the location of the gym. That second point is very important to consider when looking for a place to rent - a manageable driving distance to a large residential area would greatly increase the pool of potential students. You can search for the articles referenced at **www.maonrails.com.**

KEEPING STUDENTS HAPPY

Putting efforts into marketing and attracting new students is a must but at the end of the day, running a school means being in the service industry. The way you treat your students will be key to retaining them long term and for having them recommend your place to their friends. Here are a few tips for providing a great experience at your school:

PAY ATTENTION DURING ROLLS

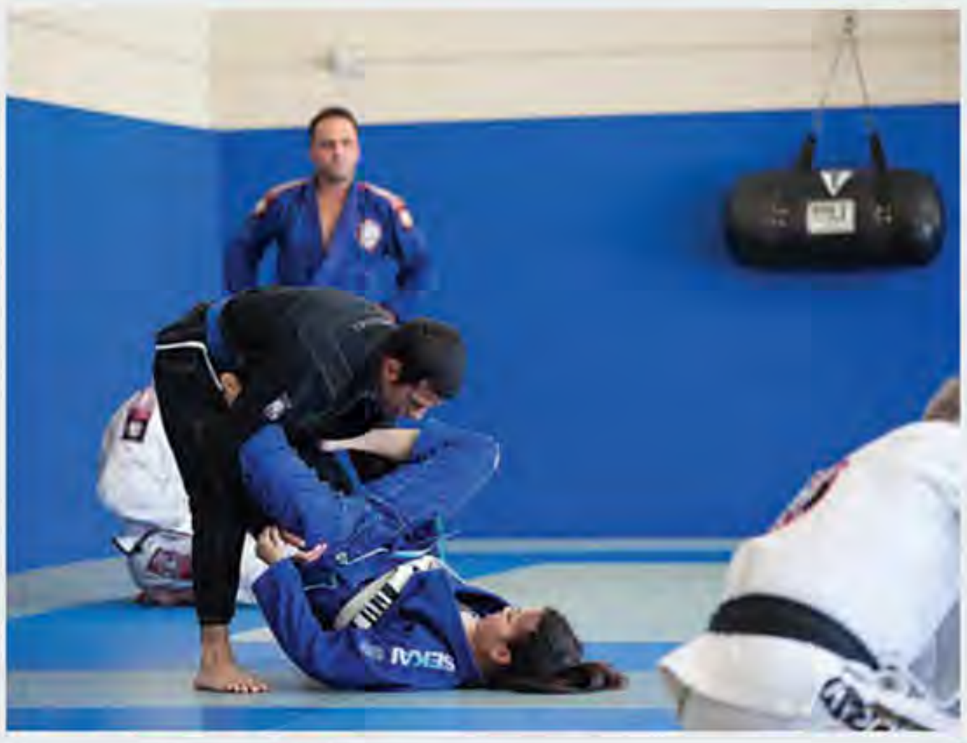
Your job doesn't end when the rolls start. Don't sit on the bench checking your phone. Instead, look over the rolls and see how everybody is doing. Who is struggling? Who is doing well? Coach people and note their mistakes so you can address it in the future.

GIVE STRONG POSITIVE FEEDBACK

Correcting mistakes you see is expected, but don't forget to also give positive feedback when you see someone doing something right. Your students likely hold you in high respect, and a good word at the right time can mean the world to them and help them motivate them to keep training and getting better.

DICTATE THE SCHOOL CULTURE

School culture usually flows from the top. Make sure you are the one actively setting the tone and not one of the higher belts who might not be setting the best example. Things like mat bullies and bad personal hygiene (stinky gis, anyone?) need to be addressed before they become a real problem.



FINAL WORDS

This is just the tip of the iceberg - there are a lot more messy details to opening up a school than I can cover in one article, but if you've read this far and are still thinking about opening your own place, it just might be for you. This article wasn't meant to discourage you from trying, but instead expose you to some of what it's like actually running a gym.

If you're serious about starting your own place, one last thing I would recommend is finding a well-run place and training there for a few years. Ideally, even becoming involved in the day-to-day operations - running the front desk, or helping manage the place. Learning on the job like that could pay off immensely when you do branch out on your own and increases your chances of succeeding by a huge margin.
Looking forward to training at your school someday!

About ERAN GALPERIN

Eran Galperin is a jiu-jitsu brown-belt currently training out of the world famous University of Jiu-Jitsu in San Diego, CA. He is also the founder of Martial Arts on Rails, an online management soft are for gyms and martial arts schools.
maonrails.com/blog

INSIDE TRAINING CAMP

How The Top Competition Schools Prepare for a Major Competition

WORDS: **WILL SAFFORD**

SOME OF US CAN ONLY DREAM OF WEARING A WORLD CHAMPIONSHIP GOLD MEDAL AROUND OUR NECK. AND WHILE IT'S NOTHING BUT FANTASY FOR MOST, OTHERS CHASE THIS DREAM IN RELENTLESS PURSUIT. Have you ever wondered what it's like to train for a major competition like the IBJJF World Championships? While many out there will attempt to reach victory with just a few hard sessions a week, serious competitors spend their entire lives training, drilling, and competing full-time to achieve jiu-jitsu's greatest accomplishment. Competition schools around the world put together serious training camps to prepare their athletes for the big stage in late May. We interviewed four rising stars from these schools who've given up nearly everything during camp, not for the money, not for the fame, but for the glory of gold.

THE PLAYERS

Back in the early 2000's, Gracie Barra was the team to beat. Led by Brazilian Jiu-Jitsu kingpin, Carlos Gracie Jr., Gracie Barra displayed its dominance with four straight team World Championship titles. Then in 2008, the ultra competitive Alliance Jiu Jitsu let the world know it was next to reign and has done so since with eight consecutive World Championships. Teams like Atos and Checkmat have done their best to dethrone the current champs, with Atos even coming within three points of taking over in 2014, but ultimately, Alliance has proven time and again, it is the best.

We interviewed four full-time competitors, two representing the Alliance Association and two under the Atos Jiu Jitsu banner. Adam

Benayoun, a featherweight under Marcelo Garcia in New York City, represents Alliance and just won the 2016 European Championships as a brown belt. Isaac Doederlein, a fierce black belt featherweight, also represents Alliance and trains under Rubens Charles “Cobrinha” in Los Angeles. John Meno and Nisar Loynab are two strong brown belts who train under Andre Galvao in San Diego and represent Atos Jiu Jitsu. Each of these men train and compete full-time and all teach or work at their academy. With no big payout waiting for them on the podium, they all chose to pursue jiu-jitsu for the love of the art, the taste of victory, and ultimately, to bring glory to their school.

THE SCHEDULE

Training camp typically begins a month and a half to three months out from a major competition. The Alliance competitors don't have a hard set date for camp but begin to prepare both physically and mentally about eight weeks out. The Atos competitors start camp on a firm date, which marks the beginning of total and complete focus on one task- becoming World Champion.

For Adam Benayoun in NYC, the first class of the day begins at 12:30, starting with a review of technique, then into some hard rolls with other competitors. He normally returns in the afternoon for an hour of drills, then starts the night class at 7pm, which is mainly all hard sparring. This pattern continues Monday through Friday, with a lighter open mat session on Saturday mornings. The competitors at Marcelo's gym also pepper in strength and conditioning a few times a week on their own in the mornings.

Things are run a bit differently for Isaac Doederlein, who

is across the country at Cobrinha's gym in L.A. His day starts at 8am with an hour long "shark tank" sparring session. In a shark tank, a few guys stay in and spar for the entire session while the other competitors rotate in and out. It's a brutal way to develop endurance, cardio, conditioning, and mental toughness. Doederlein then usually drills for about an hour before the noon competition class where technique is taught first, then either situational sparring or normal rolling wrap up the remainder of the class. For the competitors who want additional work, an optional 8pm night class is available which Doederlein usually attends around four times a week. He also fits in strength and conditioning work three to four times a week, focusing on building strength.

The guys and girls at Atos have a hard set schedule to follow. Recalling their Worlds camp in 2013, John Meno explained the rigorous schedule, "Three times a week we have physical conditioning at 10:30am to 12pm. Then we have a hard competition class from 12 to 2pm, drill from 4 to 5pm, then finish with the night class from 6 to 8pm. The other three days it's the same schedule but with no physical conditioning." The competitors at Atos take the Wednesday night class off to rest. Almost unanimously, all of the interviewed athletes have a lighter day on Saturday and rest on Sundays. The workload during competition camp is demanding to say the least.

THE CLASSES

The competitors subject themselves to a variety of class types but get the bulk of their training in "competition" classes. These classes are intense and usually focus on situational sparring, like starting from an inferior position like side control or full on rolls at 100%. Very little, if any, technique is taught during these classes and it's not unusual to have multiple 10 minute rounds. Often, coaches go over competition strategy like managing points and advantages, how to combat a staller in the last minutes of a match, and proper clock management. During competition camp, athletes typically do not introduce any new techniques into their game. This is the time to troubleshoot and perfect what they already know. Any new techniques will be experimented with in the non competition classes with jiu-jitsu hobbyists and lower belts.

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THE TEAM

Those competitors who want to give themselves the best chances of winning, surround themselves with like minded people. It's no surprise that the best schools have multiple world champions. Competition classes are typically reserved for those who train and compete full-time with dreams of earning gold. The belt levels can vary from blue to black, but the majority of these classes are made up of the upper belts. Even in the regular classes, the competitors at Marcelo's school find themselves grouping together on one side of the mat.

Oftentimes, as competition nears, teammates from associate schools will fly in for the camp at the headquarter's location. For example, about one month out from the Worlds, Alliance heavy hitters like Michael Langhi, Lucas Lepri, and head coach, Fabio Gurgel, will fly in from Brazil and across the country to join Cobrinha's team in L.A. This provides competitors with super tough and technical training partners, exposure to a variety of styles, and unifies the team toward their goal. During training camp at Atos, Andre's squad will frequently take the trip up the coast to the Mendes' brothers school for the same reasons. The more exposure to new, tough competition, the better prepared athletes are for the big show.

THE MINDSET

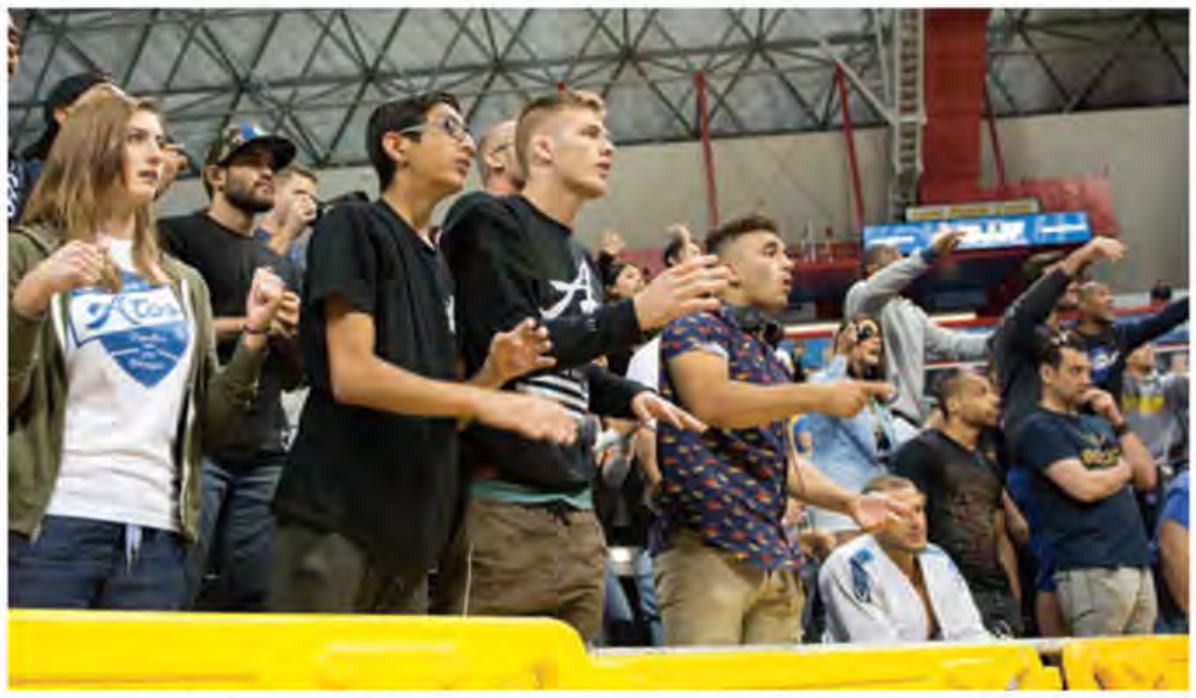
The most recurring word amongst those interviewed regarding the atmosphere during camp was intense. These competitors give up everything: school, jobs, money, time with loved ones, fun with friends, to pursue their dream of becoming World Champion. During camp, the awareness of this fact is elevated, and the pressure to perform is magnified. Often, emotions are high, tempers are hot, and the desire to outperform runs rampant. It's not uncommon for teammates to argue and coaches to yell. It's well known that the greatest athletes are those who have a burning passion to win and will do anything to achieve greatness. Serious jiu-jitsu competitors are no different.

Most competitors have pretty low key lives to begin with. Most don't drink alcohol, party, or get involved with things that will distract them from their goal. During camp, extracurricular activities are toned down even more. Days off are spent with loved ones or resting and preparing for the week to come. Diets are strict and maintained with tedious accuracy. Any and all actions are focused on the mission ahead.

THE COMPETITION

When competition week finally arrives, competitors have done everything they can to prepare for the big day. Most guys will taper their training and only perform light drilling sessions the week of the tournament. Typically, one or two days out from the competition is reserved for rest. Others have different rituals on game day; however, most try not to let the prestige of the tournament get to them. They treat the World Championships as any other competition and stick to their game plan. While competing, athletes endure to stay focused and to prevent any negative thoughts from entering their mind. It's time for complete confidence and execution of strategy. They do their best to support and help their teammates while staying focused on their task at hand.

When the tournament is over, the most serious competitors will be back on the mats on Monday to correct their mistakes and start the process again for next year. Some take time off to rest, travel, and do seminars; however, many are back, grinding and trying to improve. The life of a competitor, especially during camp, is not glamorous and highly demanding. Their bodies are beaten up, tired, and aching. Injuries are common and wills are tested. But in the end, it's all worth it when their hand is raised and gold shines on their chest.



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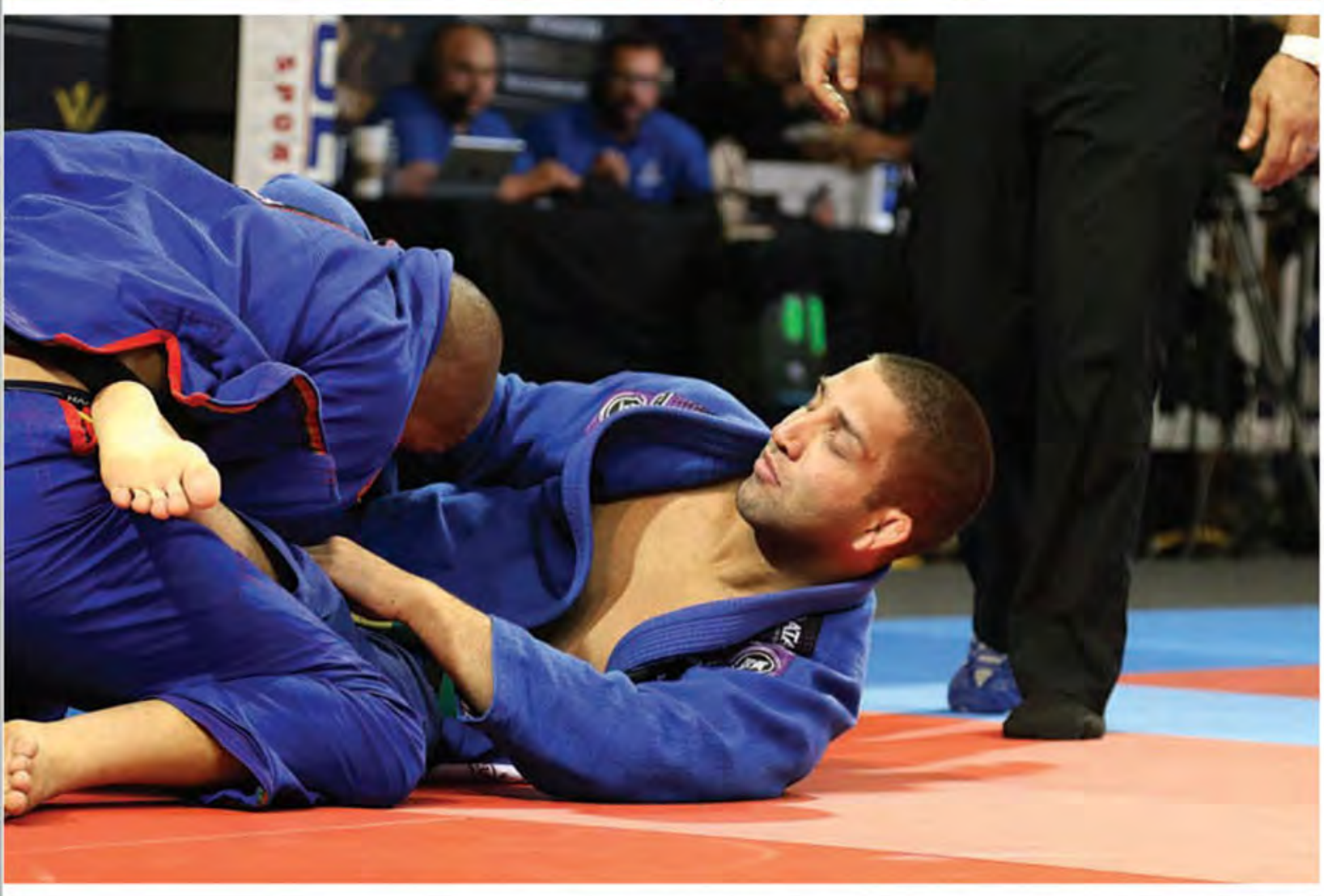
RAFAEL "FORMIGA" BARBOSA

FLOAT LIKE A BUTTERFLY, STING LIKE A ANT

WORDS AND PHOTOS: **PATRICK FLORES**

AS ONE OF THE FOUNDING MEMBERS OF THE SOUL FIGHTERS ACADEMY, RAFAEL BARBOSA STARTED TRAINING WHEN HE WAS ONLY 11 YEARS OLD. AT THAT YOUNG AGE, HE WAS TRAINING IN CLASSES FULL OF ADULTS TOWERING OVER HIM. Having been so young in comparison to the rest of the class earned him his nickname Formiga. Translated from Portuguese, it means ant. As we know in jiu-jitsu, size isn't everything. Many would argue that learning jiu-jitsu as a smaller person is beneficial as you are forced to learn the proper technique. After years of hard work and training, Formiga eventually received his black belt from André "Dedeco" Almeida. Today, Rafael can be found teaching at the Best Way Gym in Connecticut.

One of Formiga's favorite positions is the butterfly guard. This open guard position is a favorite for many jiu-jitsu practitioners. Although this guard looks simple, it actually has many moving parts and one of the more difficult g rds to become consistently good at. Formiga helps break down the butterfly guard to incorporate it into your jiu-jitsu. If you're already using the butterfly position, Formiga also calls out some important details to help tighten up that technique.



RAW DATA

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RAFAEL BARBOSA

FULL NAME: Rafael Monteiro Barbosa

NICKNAME: Rafael started being called "Formiga" (ant in Portuguese) when he began training jiu-jitsu. He was the youngest student at 11 years old in class filled with adults, so his coach would call him "Formiguinha" (little ant). In a time Rafael developed into an adult and his team mates started calling him "Formiga".

Lineage:

Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Carlson Gracie > Crézio de Souza > André Almeida > Rafael Barbosa

MAIN ACHIEVEMENTS:

- New York Open Champion (2011 weight & absolute)
- Brazilian National Champion (2002)
- Brasileiro de Equipes Champion (2008, 2009)
- Pan American Silver Medalist (2007)
- World Bronze Medalist (2005, 2007, 2009)
- Brazilian National Silver Medalist (2003, 2006, 2009)

WEIGHT DIVISION: Leve (76kg-167lbs)

FAVORITE POSITION/TECHNIQUE: Butterfly Guard

TEAM/ASSOCIATION: Soul Fighters/ Best Way

"MANY WOULD ARGUE THAT LEARNING JIU-JITSU AS A SMALLER PERSON IS BENEFICIAL AS YOU ARE FORCED TO LEARN THE PROPER TECHNIQUE."

BASIC ELEMENTS TO THE BUTTERFLY POSITION

STEP 1

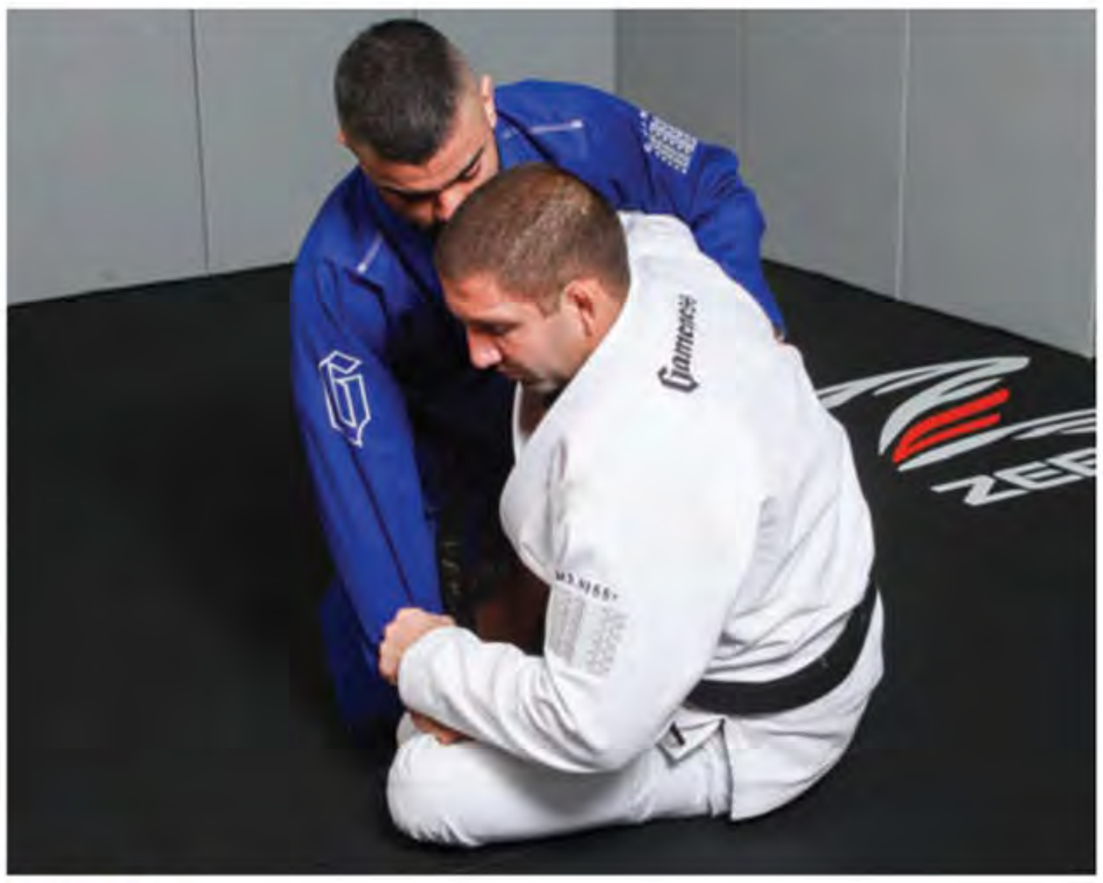
THE UNDER HOOK

Apply an under-hook to one side of your opponent and grab their belt. Here, Rafael applies it with his right arm.

STEP 2

THE FOOT HOOK

Now on that same side, secure a hook with your foot around your opponent's inner thigh. Keep your knee pointing out. If your knee points in, your opponent will push it down to pass.



STEP 3

SLEEVE GRIP

Capture a sleeve grip of your opponent's arm to prevent attempts to establish their base.

STEP 4

HEAD POSITION

On the same side as the sleeve grip, place your head on your opponent's shoulder looking to the outside.

Congratulations, you've just learned the basic elements for the butterfly position! From here you will learn that the butterfly may be easy to learn but very difficult to master. Your opponent will likely pass your guard several times as you attempt to learn this position. Once the technique starts to click, the butterfly guard adds tremendous range to an open guard game. Keep at it!

1. BASIC BUTTERFLY SWEEP

Many people who attempt a butterfly sweep are able to do so during practice but often fail in actual application. Much of this is due to timing. A well timed butterfly sweep will send your opponent flying, while a poorly timed one will allow your opponent to pass with ease. Really be mindful of how your opponent is moving, and don't force the sweep, use it when your opponent is off balance and all the elements fall into place. Be patient.

STEP 1

GETTING INTO POSITION

Using the basic elements covered before, move yourself into the butterfly position and secure your opponent.

STEP 2

THE SWEEP

When you feel secure, and the timing is right, it's time for the sweep. Fall to the same side you have the sleeve grip. It is very important to fall to the side and not to your back.

Do NOT under any circumstances fall backward or allow your opponent to push you back, which will likely result in your guard getting passed.

STEP 3

THE HOOK

This happens concurrently with Step 2. As you fall, kick your hooking leg up to transfer your opponents weight to the sweeping side. Keep your forehead on the floor and use it as a base if it makes it easier for you.

STEP 4

Transfer weight to your knee while keeping the sleeve grip in order to keep control of your opponent. This is also a prime position to attempt a knee slice pass.

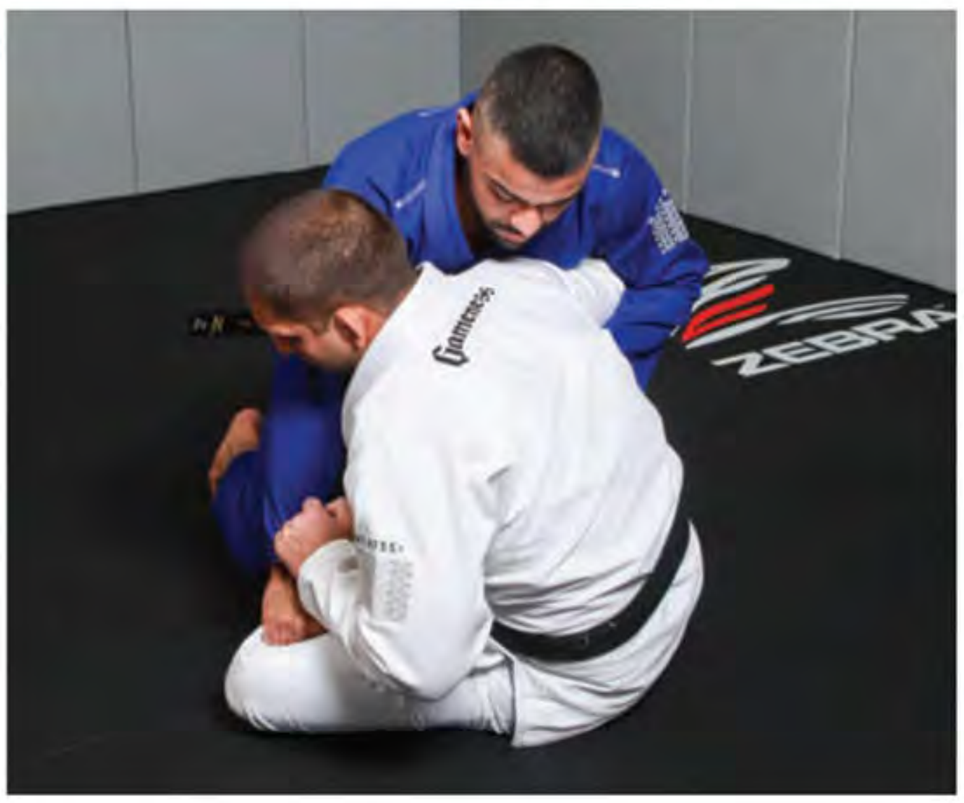
2. ATTACKING THE BASE

Many people who are familiar with the butterfly sweep will identify your attempt to get into position. If they're quick enough, there is nothing stopping them from basing out with their leg.

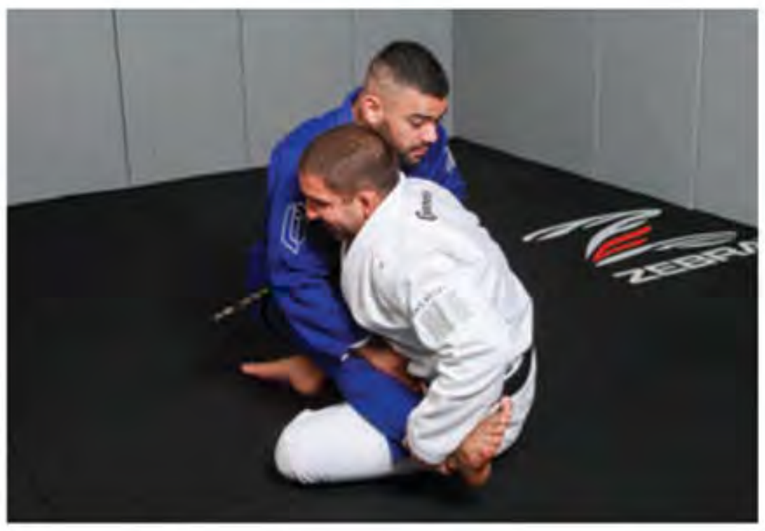
STEP 1

YOUR OPPONENT POSTS

As you attempt the basic butterfly sweep, your opponent defends by posting their leg to create an effective base. Release the grip you have on your opponent's sleeve/arm and hook the ankle.



REVERSE



STEP 2

PULL

Pull your opponent's foot to you in a circular motion while at the same time applying pressure with your underhook to drive your opponent down.

STEP 3

CONTROL

Come up to the top position, remembering to keep your knee up. This denies your opponent the ability to close their guard.

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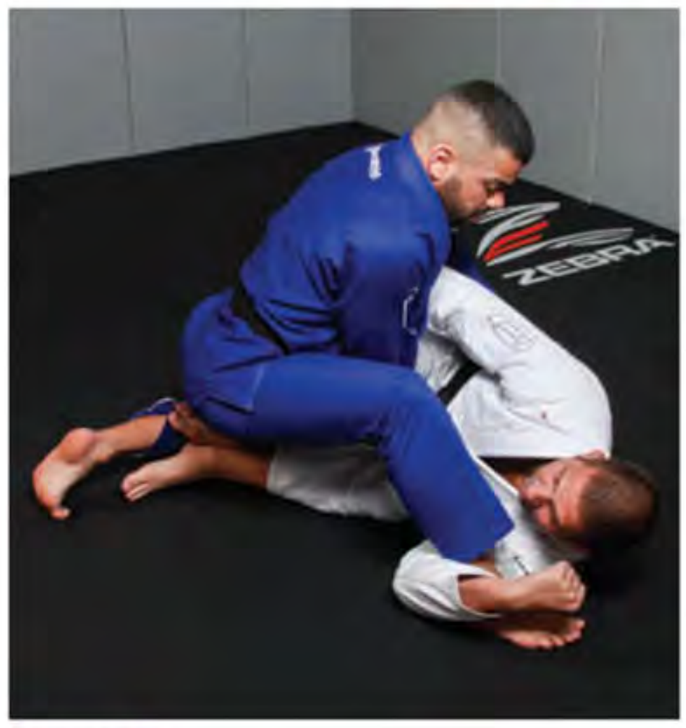
3. THEY DON'T FALL

Lets say you go for the previous technique but can't pull their foot to you in order to finish the sweep. This variation will address that situation.

STEP 1

THE POST

As you go for the sweep, your opponent posts the leg but this time far enough to where you have difficulty going for the previous technique.



STEP 2

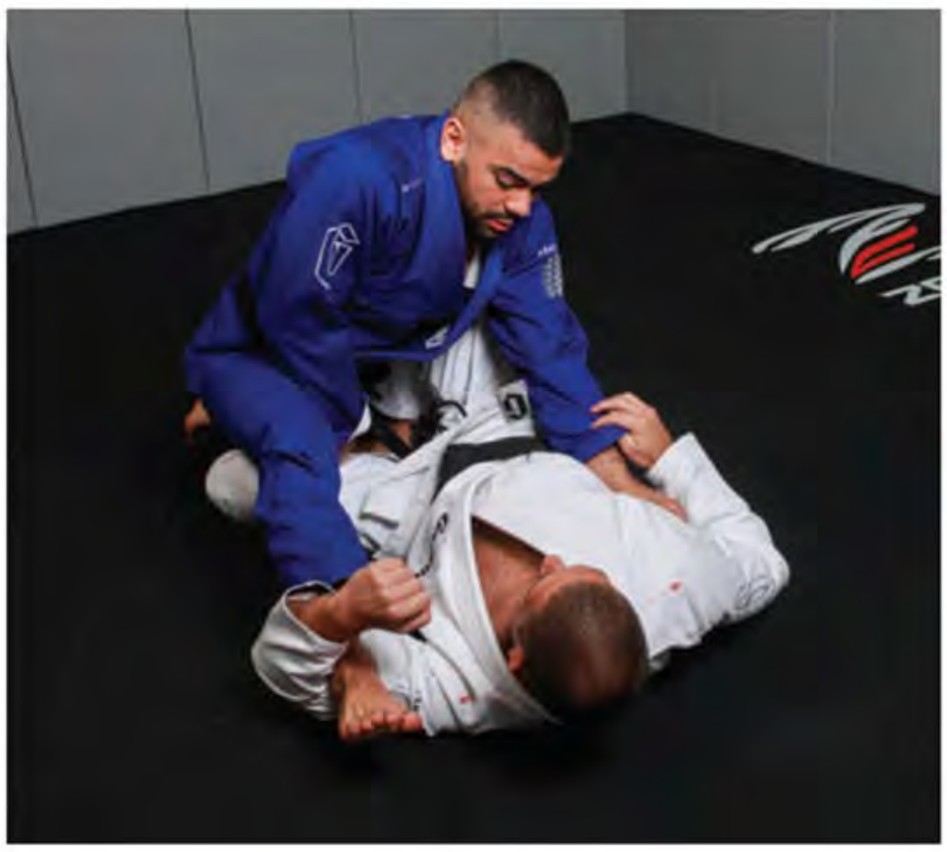
SWIM

Swim under the leg, putting their ankle in between your forearm and bicep.

STEP 3

GET UNDER THEM

Scoot in under your opponent and secure a sleeve grip to your opponent's far side arm.



STEP 4

PULL AND DRIVE

Pull that sleeve as you push up on the leg, driving your opponent back to the ground.

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4. HAND TO THE FACE

This technique happens when your opponent tries to counter by placing their arm in front of your face. If you attempt the sweep, they will be able to base and may end up on top of you.

STEP 1

THE OLD SWITCHEROO

Opponent puts hand in front of face. Release the grip on the sleeve and instead grab the sleeve crossing your face.

STEP 2

ARM DRAG

Pull your opponent's hand down to the mat similar to an arm drag, staying close to your opponent's arm. Lock their elbow in place to prevent them from posturing up, almost like you would take the back.

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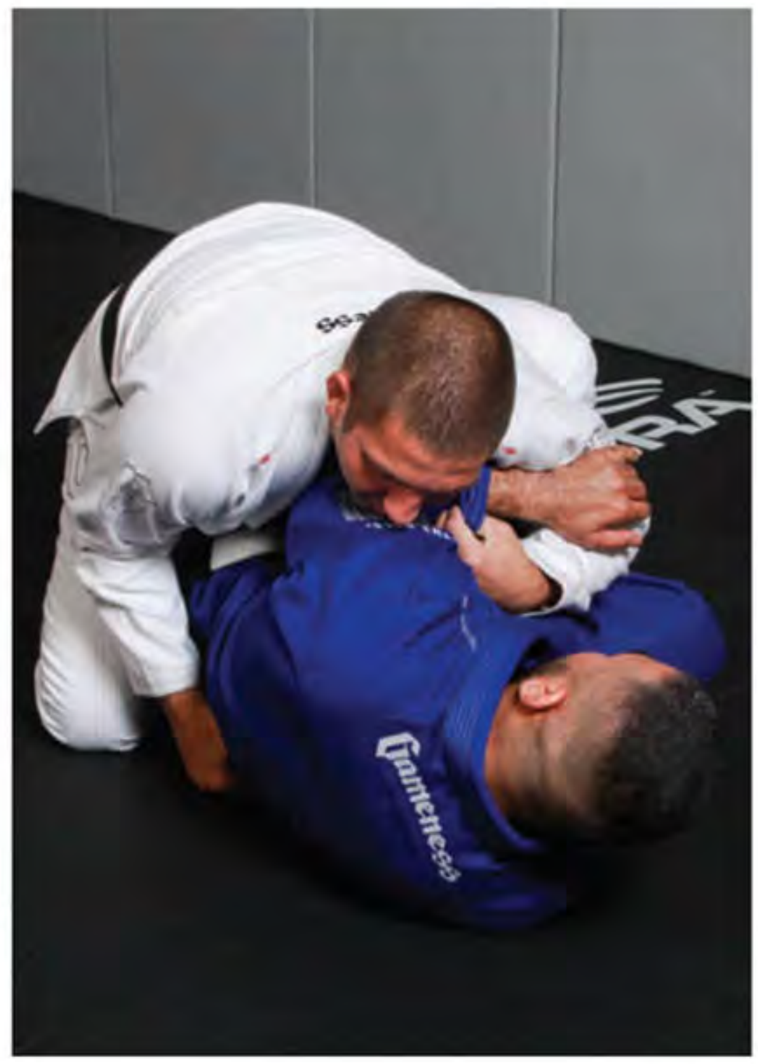
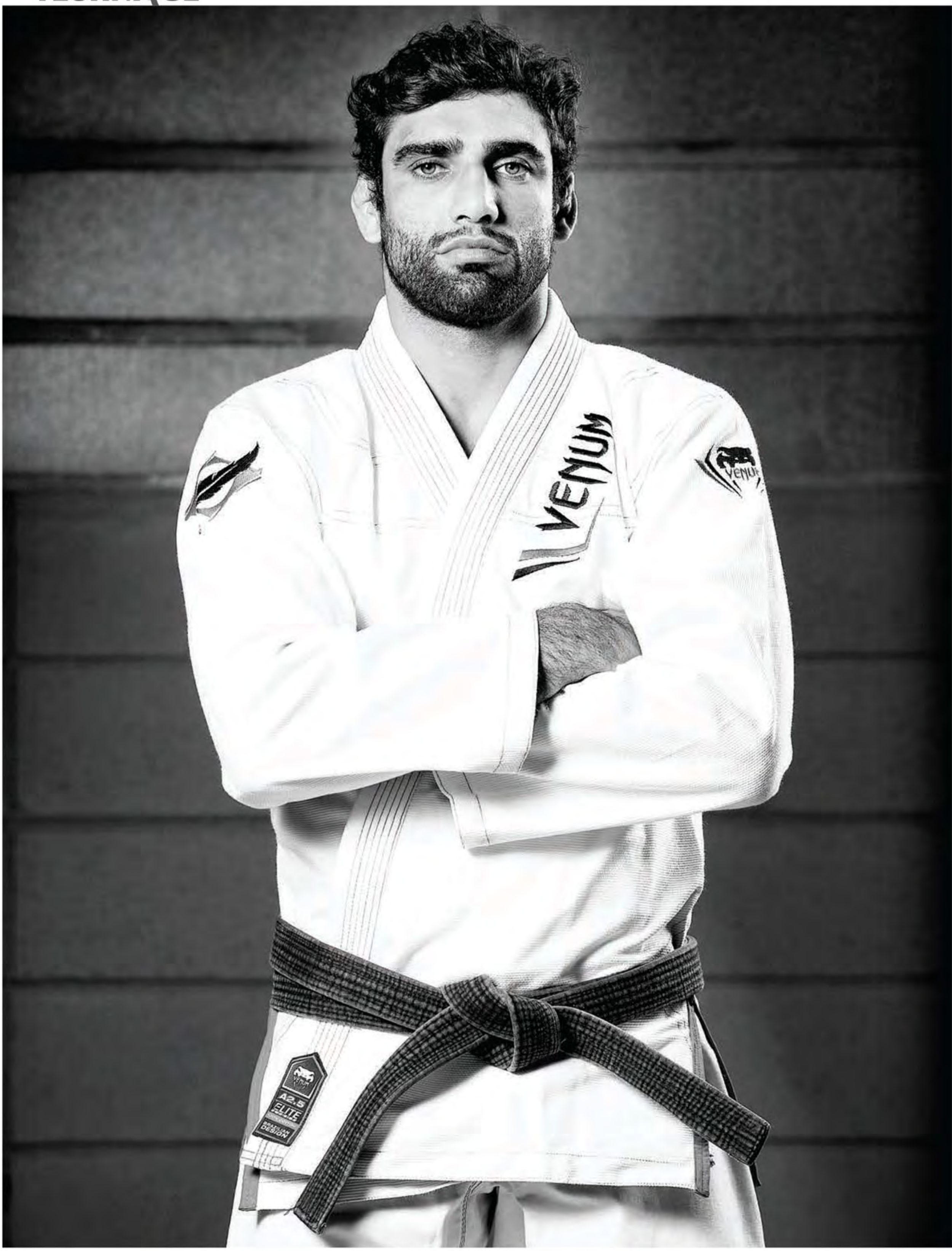
STEP 3
SCOOT AND LIFT

Scoot your hips in and pull your opponent with the hand grabbing the belt while lifting your opponent with your hooks. Follow your opponent to end up on the top position.

REVERSE



TECHNIQUE



LEANDRO LO

WINNING AT EVERY LEVEL

WORDS: **MIKE VELEZ** | PHOTOS: **PAULO FRIDMAN**

LEANDRO LO IS ONE OF THE MOST DECORATED JIU-JITSU COMPETITORS IN THE LAST FIVE YEARS. SINCE BURSTING ONTO THE COMPETITION SCENE AS A BLACK BELT, HE'S MANAGED TO WIN FIVE WORLD CHAMPIONSHIPS, THREE PAN AM CHAMPIONSHIPS, IS A FIVE TIME WINNER OF THE COPA PODIO GRAND PRIX, FOUR TIME WORLD JIU JITSU PRO CHAMPION AND SO ON; YOU GET THE IDEA. If he's entered it, he's won it. Even more impressive than the length of his competition rap sheet is the fact that he's won these various championships at multiple weight divisions: Light Weight, Middle Weight, and Medium-Heavy. His ability to win at various weight divisions makes him arguably one of the best pound-for-pound jiu-jitsu competitors in the world.

Leandro began his jiu-jitsu training in 2004 with Cicero Costha in São Paulo, Brazil, through the Projecto Social Lutando Pelo Bem (PSLPG), a program started by Cicero Costha to help provide jiu-jitsu and its benefits to underprivileged kids. Recently, Leandro severed ties with PSLPG to form a new association with some of his teammates from PSLPG. The new association is called Jiu Jitsu New School Brotherhood. We met up with Leandro at his new school in the heart of São Paulo to find out more about some of his favorite techniques these days.

LEANDRO LO

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FULL NAME: Leandro Lo Pereira do Nascimento

NICKNAME: n/a

Lineage:

Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Rickson Gracie > Marcelo Behring > Waldomiro Perez > Roberto Godoi > Marco Barbosa > Cicero Costha > Leandro Lo

MAIN ACHIEVEMENTS:

- World Champion (2005 junior blue; 2012, 2013, 2014, 2015)
- Pan American Champion (2012, 2014, 2015)
- Brazilian National Champion (2009 & 2010 brown, 2011, 2012)
- Brazilian National No Gi Champion (2012 weight & absolute)
- Copa Podio GP Champion (2011, 2012, 2013, 2014, 2016)
- Brazilian National No Gi Champion (2011, 2012 weight & absolute)
- Rio Open Champion (2011)
- World Jiu Jitsu Pro Champion – UAEJJ (2011, 2013, 2014, 2015)
- World League Pro Jiu Jitsu (2010)
- Brazilian Cup Champion (2008 purple – CBJJE)
- World Silver Medalist (2006 junior blue)
- World No Gi Silver Medalist (2012 absolute)
- Brazilian National Silver Medalist (2008 purple)

WEIGHT DIVISION: Peso Leve (76kg-167lbs), Médio (82kg/181lbs), Meio Pesado (88kg/194lbs)

FAVORITE POSITION/TECHNIQUE: Spider Guard, Toreando Guard Pass

LEANDRO LO IS ONE OF THE MOST DECORATED JIU-JITSU COMPETITORS IN THE LAST FIVE YEARS.

THE TECHNIQUES

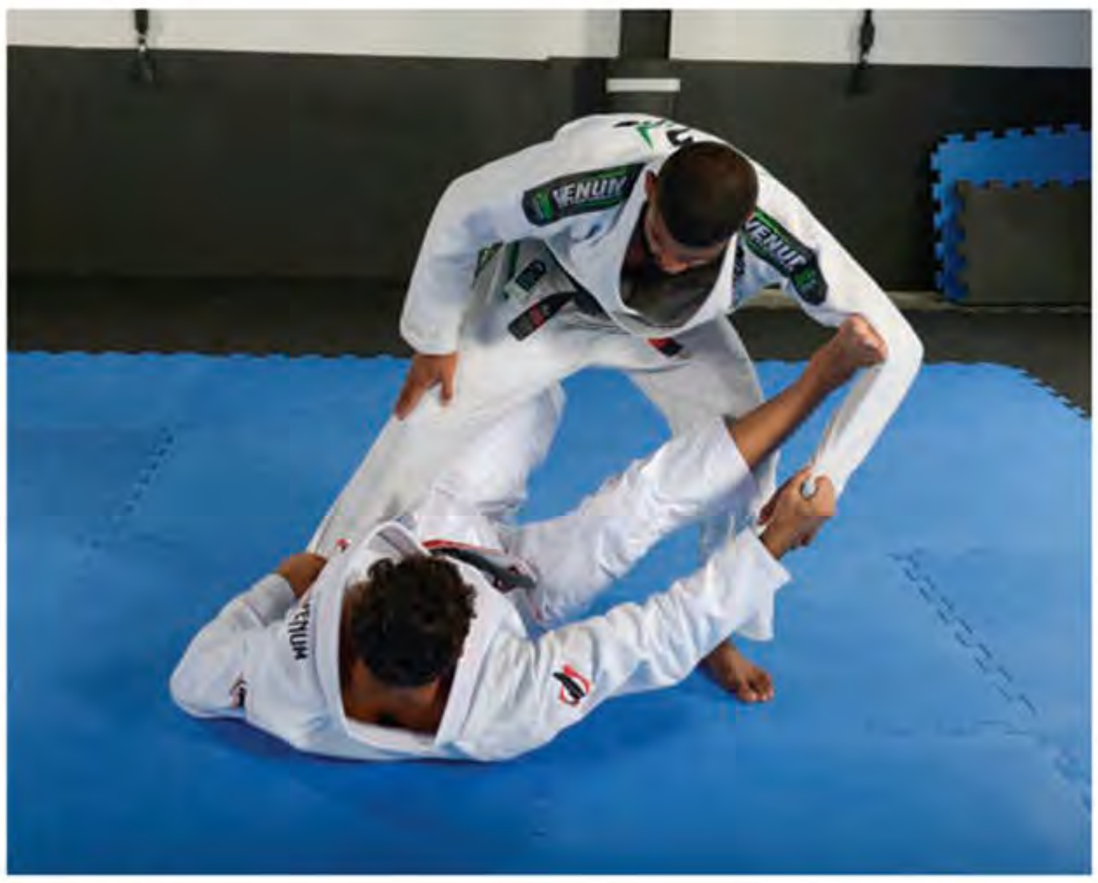
Let's take a look at five of Leandro's favorite techniques. Despite Leandro's unique athleticism, none of these techniques is exclusive to someone with exceptional skill; they're all fairly straightforward and can be done at most skill levels with enough practice and drill work. The exception would be the toehold- that one's reserved for brown belt and up. However, if your school allows toeholds at other belts, definitely give it a try.

SPIDER GUARD TO SINGLE LEG X-GUARD SWEEP

This is a cool sweep that we've seen Leandro use a lot lately in competition. He starts off in the spider guard and pulls his opponent into a single leg x-guard. At that point, he has options but instead goes for a simple sweep backward.

STEP 1

Leandro starts off with his opponent in his spider guard. His right hand is gripping the left sleeve at the cuff with his right foot against the biceps. He is also using a four-finger grip on his opponent's right pant cuff.

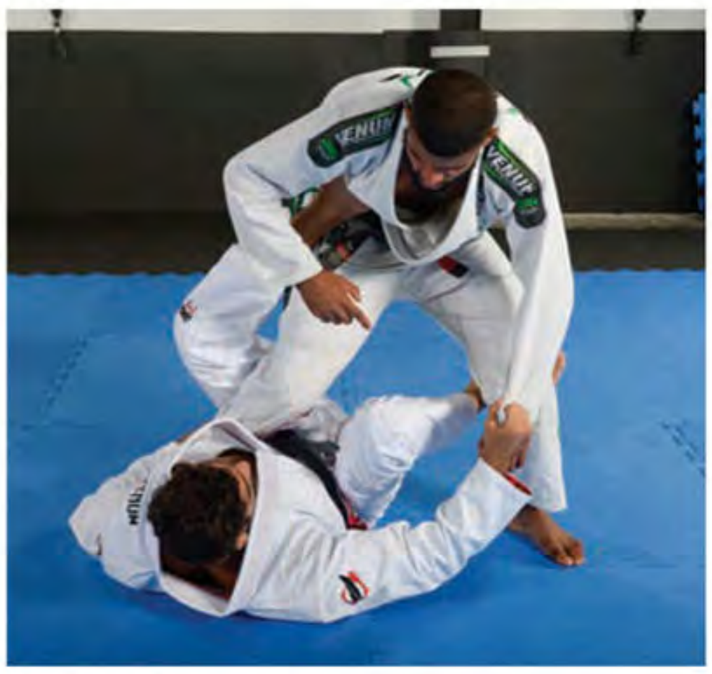


STEP 2

Leandro posts his left foot to the mat and then pulls his opponent towards him and to the right. This causes his opponent to step forward, closer to Leandro, while at the same time creating some space between his legs.

STEP 3

Now Leandro brings his left leg up and over his opponent's right leg and places his foot on his opponent's hip.



STEP 4

Leandro brings his right leg from his opponent's arm to hook behind the knee. He does this so that he can switch his grip from the sleeve to the leg cuff without allowing his opponent to step back.

STEP 5

Because of the hook, Leandro is able to grab his opponent's left leg by the pants at the cuff.

STEP 6

As soon as he has the grip, Leandro brings his right leg to his opponent's right knee, bumps his hip up, and turns his body to his left side driving his opponent to the mat.

STEP 7

Once his opponent falls to the mat, he can bend his legs in so that they're not tangled up with his opponent, maintain his grip of the pants, and look to pass the guard.

KEY POINTS

When performing spider guard, it's important that the outside edge of your foot is against the bend in the elbow joint.

50/50 GUARD PASS

If your school isn't competition focused, you probably don't run across the 50/50 guard all too often. The 50/50 guard is more common at schools that train with more emphasis on points and advantage strategy. This is one of Leandro's favorite passes from the 50/50.

STEP 1

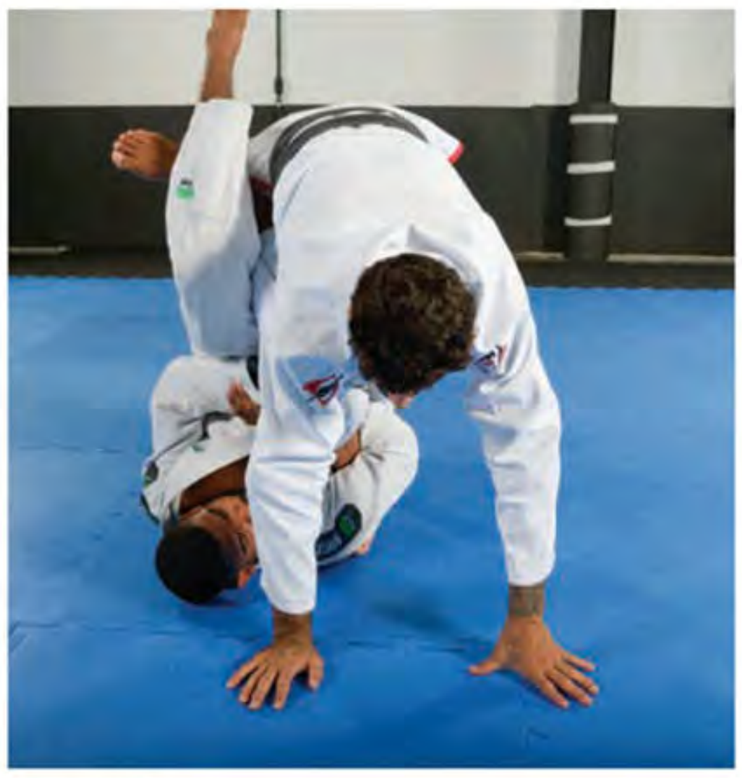
Leandro and his opponent start off in the 50/50 guard. His opponent has a good grip of Leandro's right ankle.

STEP 2

Leandro turns away from his opponent and posts with his elbow to the mat.

STEP 3

He continues the turn so that he can step on the mat with his right foot while posting his left knee to the mat and begins to crawl towards his opponent.



STEP 4

Once they're almost side-by-side, Leandro stands up on both feet and quickly steps his left foot away from his opponent so that he can't grab that leg.

STEP 5

Leandro reaches back and grabs the top leg with his right hand while using his left hand to keep his opponent's knee in place.

STEP 6

Using his grip of the leg while thrusting his hip forward, he opens the guard while staying close to his opponent. Remember, he keeps that left leg away so it can't be grabbed.

STEP 7

Now, Leandro pushes both his opponent's legs back and down to the mat so he's forced to a fully inverted guard.

STEP 8

Now it's time to pass. Leandro swings his opponent's right leg down and between his own legs so that he can step over with his right.

STEP 9

As soon as he's passed both legs, Leandro drops to his knees and establishes side control.

50/50 TO TOE HOLD FINISH

Leandro uses the same basic techniques as the pass he just showed us. This one is an option to go for when your opponent has their legs triangled while in the 50/50 guard.

STEP 1

As before, Leandro turns to his left side.

STEP 2

Instead of crawling towards his opponent, he wants to get to stand up as soon as possible.

STEP 3

While his opponent's legs are still triangled, Leandro wants to grab the top foot below the ankle as quickly as he can.

STEP 4

Instead of pushing that leg away to open the guard, Leandro dives his left arm over and behind his opponent's legs to grab his own forearm to lock up a Kimura style grip.

STEP 5

Once the grip is in place, Leandro rolls to his side on the mat.

STEP 6

To finish the toe hold, Leandro brings his left foot to push off on his opponent while twisting the toes and his body to his left side. The foot on his opponent is to keep them from rolling away from the hold and out of bounds.

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DE LA RIVA PASS TO CHOKE

If this technique were to be used in competition, it would be a seven point move with or without the finish. Leandro starts off in his opponent's De La Riva guard. This technique will show you how to handle your opponent's leg and bear down and trap a leg. From here, there are many options; however, this time Leandro's showing us a cross collar choke from the mount. The cross collar choke is one of Leandro's most commonly used finishes in competition.

STEP 1

Leandro starts off in his opponent's De La Riva guard. He positions his right hand over the left knee and his left hand to control his opponent's right leg at the shin.

STEP 2

In one motion, he pushes down on the knee and stuffs the leg between his legs. These movements are done simultaneously.

STEP 3

Quickly, Leandro shoves the right leg between his legs so that it's bent. Then he brings his legs together to trap the leg. Leandro's right knee is on his opponent's stomach.

STEP 4

Here, Leandro places some weight on his opponent, but he's still on his left foot as well since putting all his weight on his opponent with his knee would make things unstable. Instead, he wants to be able to react. Now he reaches across with his right hand to get a four finger inside grip of the collar near the back of the neck.

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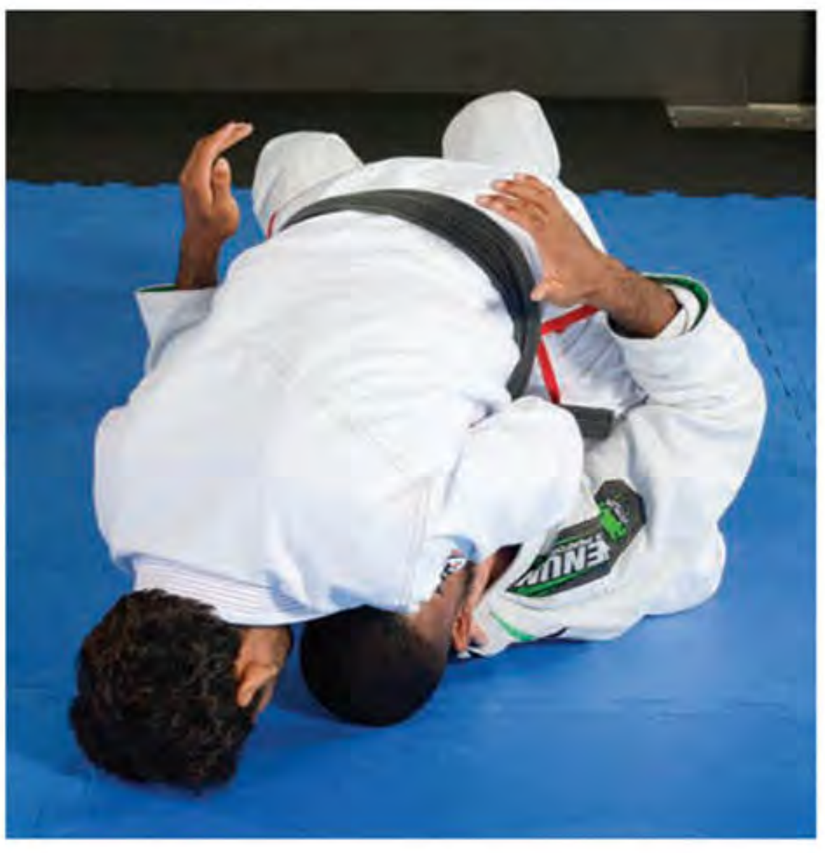
STEP 5

Leandro gets a "pistol" grip of his opponent's right sleeve near the cuff. This control of the collar and sleeve allows him to pass his right knee through and move to a quarter guard position.

STEP 6

Now that he's nearly passed his opponent's guard and relatively safe, he lets go of the sleeve and brings his left hand over his right arm to get a grip of the left side collar just behind the neck, not too far back, but not exactly at the sides.



STEP 7

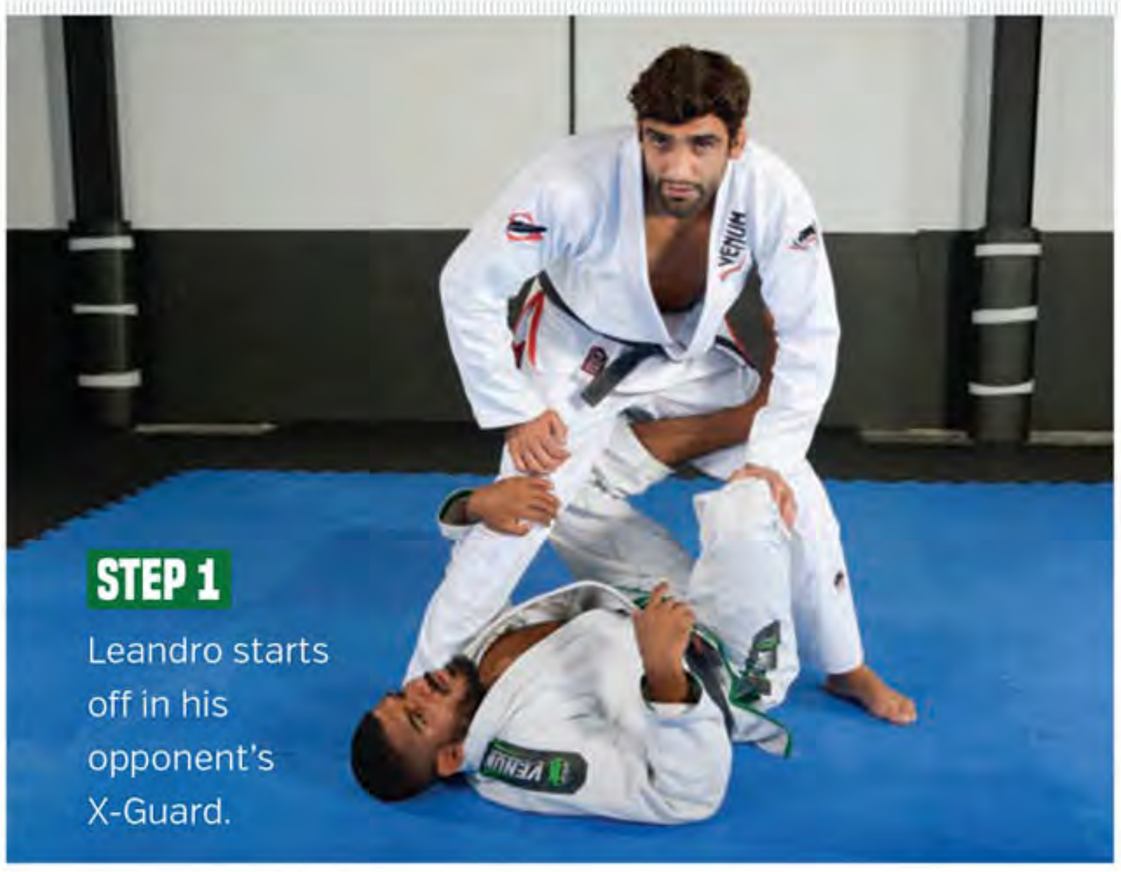
To finish up the choke, Leandro brings his left knee across his opponent's body to move into the mount while at the same time curling his wrist in to tighten up the cross collar choke while pulling his elbows apart to make everything tighter. If needed, he can post his head to the mat to help stabilize and finish.

KEY POINTS

At Step 5, Leandro wants to stabilize this position before committing his other hand to the choke. Leandro will use his right forearm against his opponent's neck to create pressure. The grip of the sleeve helps him to follow his opponent in case they attempt to push off or hip out to make space.

X-GUARD PASS TO SIDE CONTROL

If you get caught in the X-Guard of someone who plays it a lot, you might be on your back or caught in a tight spot really quickly. It's important to not let your opponent get too comfortable in the X-Guard. For that reason, Leandro initiates this pass quickly.



STEP 1

Leandro starts off in his opponent's X-Guard.

STEP 2

The first thing Leandro does is drop his right knee down heavily on his opponent's stomach while turning his knee inward with a slight rotation. At the same time, he brings both hands to his opponent's right leg - one hand on the shin, one on the knee.

STEP 3

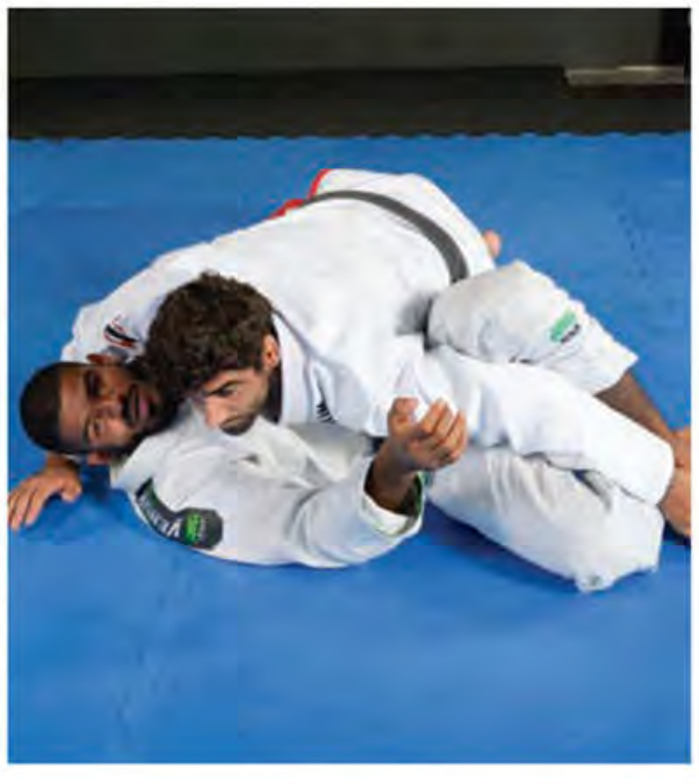
Down low and heavy on his opponent, Leandro posts his right hand to the mat beyond his opponent. At the same time, he grabs the left foot with his left hand, then pushes down on that top leg.

STEP 4

Pushing down on the top leg untraps Leandro's left leg from his opponent's X-Guard. With the leg free, Leandro swings his left leg back and across.

STEP 5

Leandro keeps a hold of the left foot and shifts his weight back towards his opponent so he can quickly move into side control.



STEP 6

Once Leandro has his opponent under control, he brings his left arm over to control the hip and work on his side control attacks.

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CONCEPTS IN JIU-JITSU

YOUR GUARD PASS STARTS FROM YOUR BACK

WORDS: **MARSHAL CARPER**

WHEN I TEACH JIU-JITSU CLASSES IN PITTSBURGH, THE MOST COMMON QUESTIONS I GET USUALLY REVOLVE AROUND GUARD PASSING. WHAT GUARD PASS IS THE BEST? Which ones should I learn? Why isn't this pass working? And on and on.

The frustration is understandable. Passing the guard is really hard, and one's failure to pass the guard can lead to disastrous, soul-crushing consequences. There's nothing like having an opponent half your size do a weird breakdance move under your legs and somehow end up on your back with a bow-and-arrow choke.

When you are passing, you have a slew of potential paths to choose from, and your opponent could play any one of a hundred guard variations to complicate or shut down your game plan. It can all feel hopelessly complicated.

Instead of trying to arbitrarily pick your preferred guard passes, take a mental step back and think about what kind of guard you play.

THE PATH TO THE TOP

For many jiu-jitsu players, working to pass is preceded by some sort of sweep from guard. As much as we might drill guard passing from a static, generic closed or open guard, the reality of the application is that you will play your guard, you'll hit your sweep of choice, and you will start to initiate a guard pass as you establish a top position.

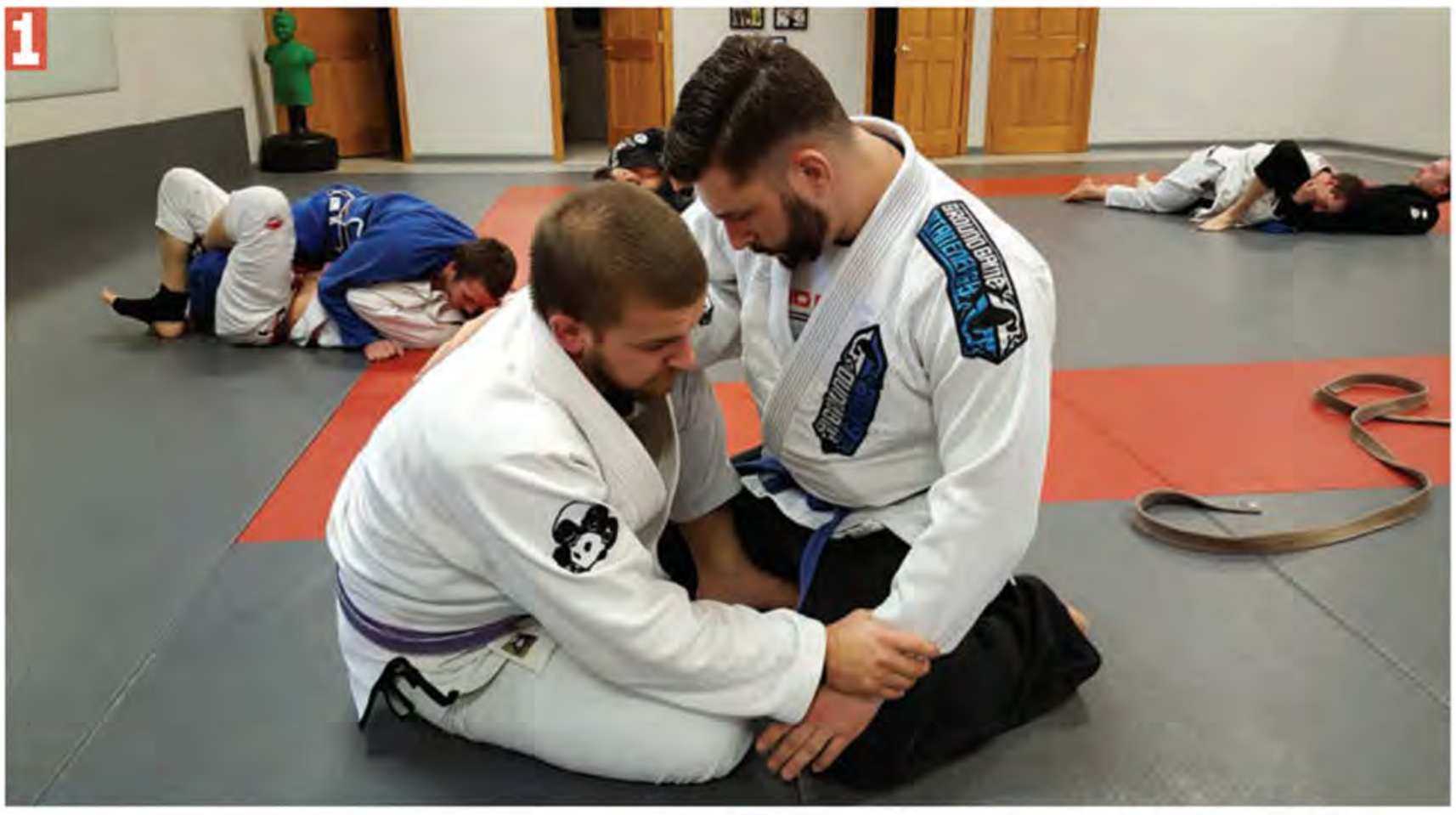
MANY GUARD TECHNIQUES NATURALLY COMPLEMENT CERTAIN STYLES OF PASSING.

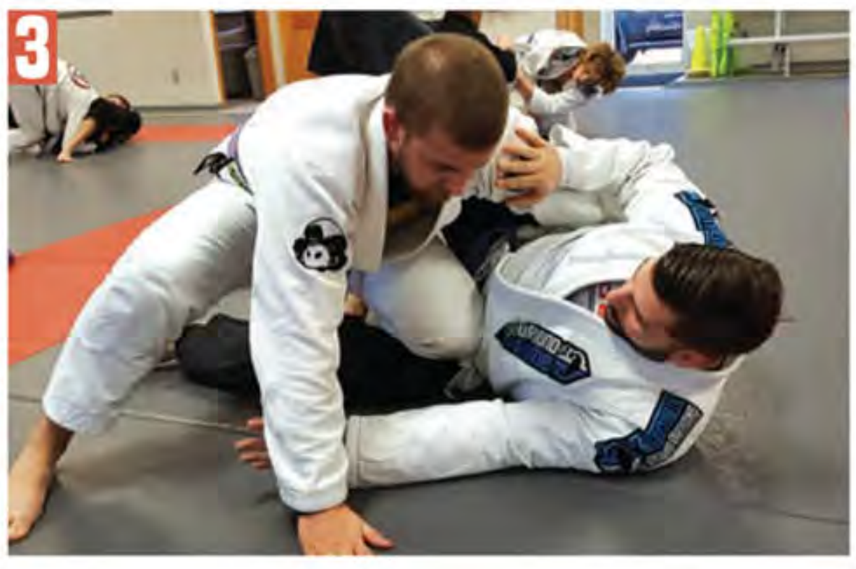
If you mix the wrong techniques together, your sweep will feel strong, but your transition from bottom player to top player might feel choppy. Your feet are out of position for the pass. You need to change your grips. Your weight and orientation aren't quite right. When your sweep and pass preferences align, the transition between the two is seamless. As you complete your sweep, you automatically begin the pass. In execution, finding the actual point where one ends and the other begins is difficult. There might be only minor shifts in grips or footwork, making the process efficient and consistent.

Admittedly, this is not a hard science. There is plenty of room for creativity and invention, so don't consider the rest of this piece to be some attempt at technical scripture. Instead, look at this as a concept. To get the most out of your sweeps and your passes, you should be leveraging the connections between the two. We'll help you get started.

Butterfly Sweep to Knee Slice/ Cross Knee Pass

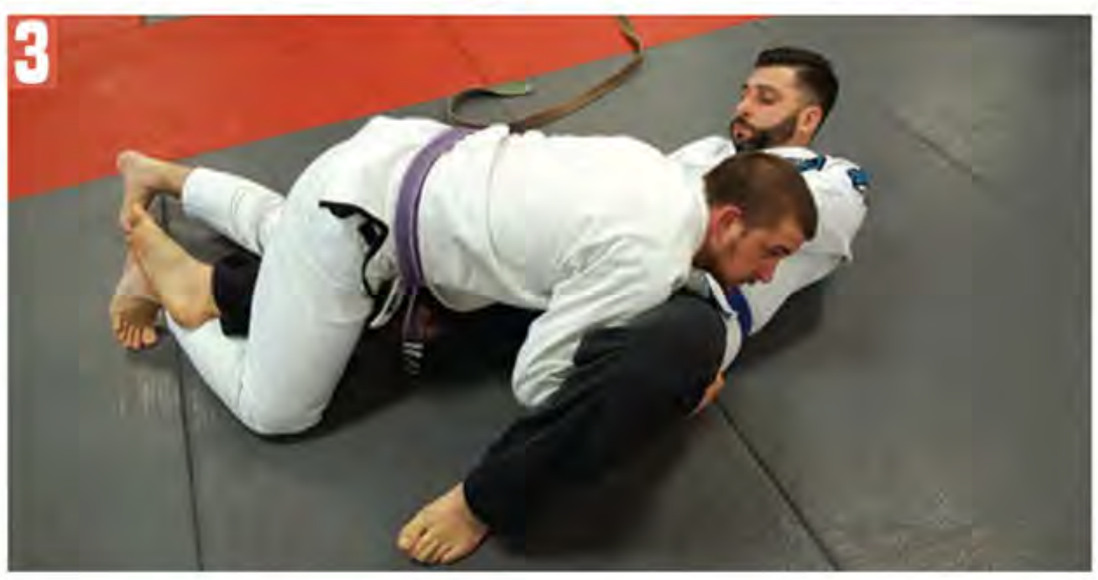
The classic butterfly sweep requires an underhook, an overhook, and at least one foot hooked inside the thigh of your opponent. You execute the sweep by off balancing your opponent and elevating with your hook. At the peak of the sweep, with your hook elevated and your opponent on his back, you are in a perfect position to transition to a traditional knee slice/cross knee pass. You have a strong underhook. You have one leg between your opponent's legs, ready to cut across, and you have the angle to create a powerful drive with your hips. If you attempt to x-pass or leg drag from here, you would have to adjust your position significantly, giving your opponent a lot of time to work in the process.





Single Leg to Over-Under Pass

The single leg is both a takedown and a sweep that you can hit from a number of different positions with virtually all of them ending with you in a prime position to execute the over-under pass. Most single leg entries will put your opponent's leg between your legs, set your head inside his hips, and wrap your arms around his vulnerable leg. When you finish the technique, you are essentially in the same position except on top. You can quickly drive your head across his hips to the far side, and hook his far leg with your inside arm, locking his hips in place with tension and pressure. It's a super reliable pass, and the single leg is a versatile sweep. Chaining the two together creates powerful match momentum that can be difficul to stop.



Berimbolo to Leg Drag

While the ideal outcome for a Berimbolo attempt is a successful back take, using it as a sweep still earns you points and gets you on top. In many scenarios, the transition to the top begins when you've already completed the rotation under your opponent's legs but aren't successful in exposing his back. From here, you have direct access to leg grips, and his leg positioning sets the stage for a key ingredient to the leg drag: getting one of your opponent's legs across your body to the opposite side of your own. In many scenarios, popping up for the leg drag is a few easy steps away, and this is what we see Berimbolo specialists doing again and again.

EVALUATING YOUR GAME

As powerful as leveraging the connection between guard sweeps and guard passing can be, it can result in some frustrating growing pains. What if your sweep game doesn't line up with the passing game you've been drilling? Unfortunately, you might need to rethink your gameplan. In the short term, this could mean struggling with a new guard position or a new style of passing, but that's okay. The long term payoff will be worth the initial growing pains.

Once you have a grasp of how your sweep game ties to your passing game, you can take those concepts and apply it to the natural progression of positions. How well does your preferred passing style link up with your side control game? Is it awkward to transition to your next attack or can you quickly move to your next technique with minimal adjustment and grip switching?

Enjoy your newfound passing powers!

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CONTROLLING AND FINISHING YOUR OPPONENT

Playing the Trujitsu Game with Matt Baker

WORDS: **STAFF** | PHOTOS: **PATRICK FLORES**

MATT BAKER IS A LONG TIME FRIEND OF THE MAGAZINE. HE'S A SECOND-DEGREE BLACK BELT UNDER JEAN JACQUE MACHADO. Over the years, he's been developing what he calls Trujitsu. According to Matt, it is a foundation of basic rules and concepts that anyone can use, but they're typically best suited for those of us that aren't the most athletic or most agile grapplers on the mat. The rules and concepts that he employs in Trujitsu have been observed and documented after competing and referring thousands of matches over his career, both as a competitor and as a referee. Currently, Matt is ranked number one in the world at Black Belt Males Masters 3.

Matt likes to relate to jiu-jitsu as being a language. Think of a salesperson that maybe isn't the sharpest with their words. If they talk too quickly or want to jump ahead in the process to catch opportunities, they probably won't be the most successful salesperson. Instead, think of that smooth, likeable character that after a few minutes of talking you're begging them to sell you something. Matt says that the rules employed in Trujitsu will help your jiu-jitsu become more fluent. Some of the concepts of Trujitsu include framing, which is using the proper frame to combat pressure or being effici t with every movement. If a movement doesn't help you towards your goal, don't do it. Proper hip placement and connection to your opponent makes all the difference most of the time. On their own, none of these concepts are groundbreaking, but when used and orchestrated together, they can have a huge impact on your jiu-jitsu. Matt's not selling courses or memberships, but he is sharing quite a bit of great information on the Trujitsu website. Be sure to check it out at **thetrujitsurevolution.com.** But until you do that, here is a sampling of the techniques that Matt considers to be great examples of the Trujitsu system. Enjoy.

DIAGONAL SIDE CONTROL

This is a variation of side control where instead of being completely perpendicular to your opponent, you're actually diagonal to them half way between north/south and in side control. If you were to look at the two of you like a clock, and your opponent's feet were at 12 o'clock, your feet would be at about 4 o'clock. This is a great way to play because it still gives you a lot of arm attacks along with the ability to shift sides quickly or move to traditional side control or to the north/south.

KIMURA GRIP FROM DIAGONAL SIDE CONTROL

STEP 1

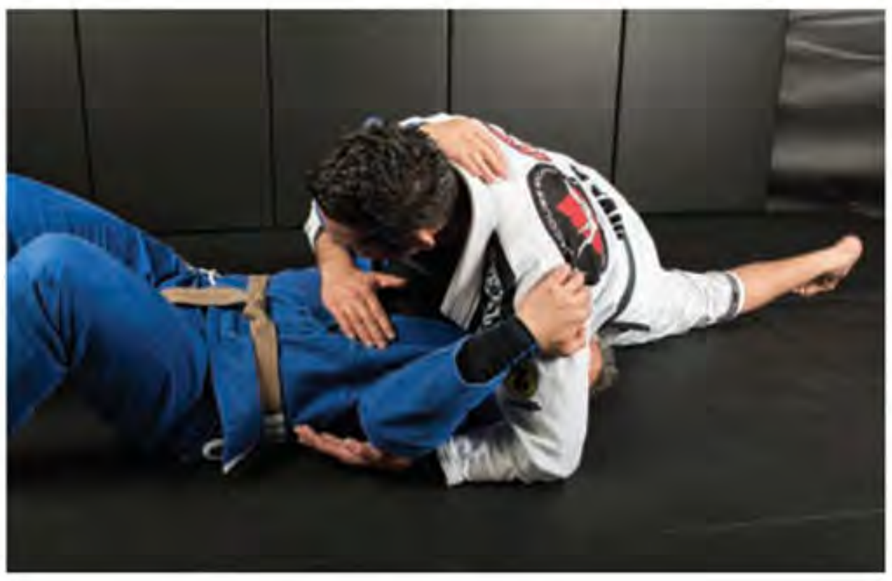
Matt wants to get control of the nearside arm so that he has multiple attacks to choose from depending on Mike's movement. While staying on his toes and being heavy on Mike, Matt drives his left side down across Mike's face and shoulder- this makes Mike uncomfortable and not very fond of the position. Matt uses his left arm and hand under Mike's left arm to create a barrier to keep him from escaping to his left.

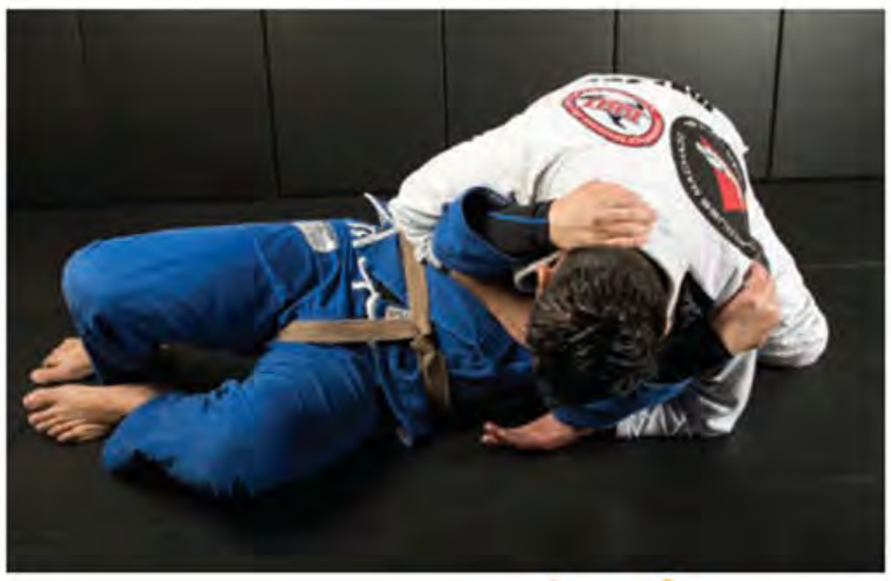
STEP 2

The pressure on Mike, with Matt using his hip pressure, makes it inevitable that Mike's right arm's going to come loose. Once this happens, Matt remains tight to Mike and places his right palm against Mike's side and scoops up the side of his body to get a solid control of his right arm. Matt likes to call this open palm scoop across the body the "spatula." Matt's controlling the arm by curling his arm to keep Mike's arm tight against his body; he's not gripping in any way, his palm is still open.

STEP 3

Matt uses two points of control here to get Mike to turn to his side. Matt is using pressure near the knot of his belt to push Mike forward and then using his chest to push him downward. This gets Mike to roll to his left side.





STEP 4

Now, Matt brings his left arm up and over Mike's head to grab his wrist and then locks up the Kimura grip on the arm. At this point, Matt's pressuring with his hips, chest, and keeping his elbows in to keep Mike from getting any room to escape.

KEY POINTS

Step 4 is a point of no retreat. Once you get to this position, if you keep everything tight, your opponent should not be able to escape. There should be no reason at all to give up this position; you should only be thinking about moving forward to a submission.

FINISHES ON THE ARM

With absolute control of that arm, there are multiple finishes from here. Matt's going to take you through three common finishes. Transitioning into the next series of techniques can be done in one fluid movement, meaning as soon as you get a grip of the arm, you continue to progress. Or, you can enforce your control for a little while, let them attempt to escape, and tire them out a bit before moving forward. The choice is yours depending on the situation.

KIMURA

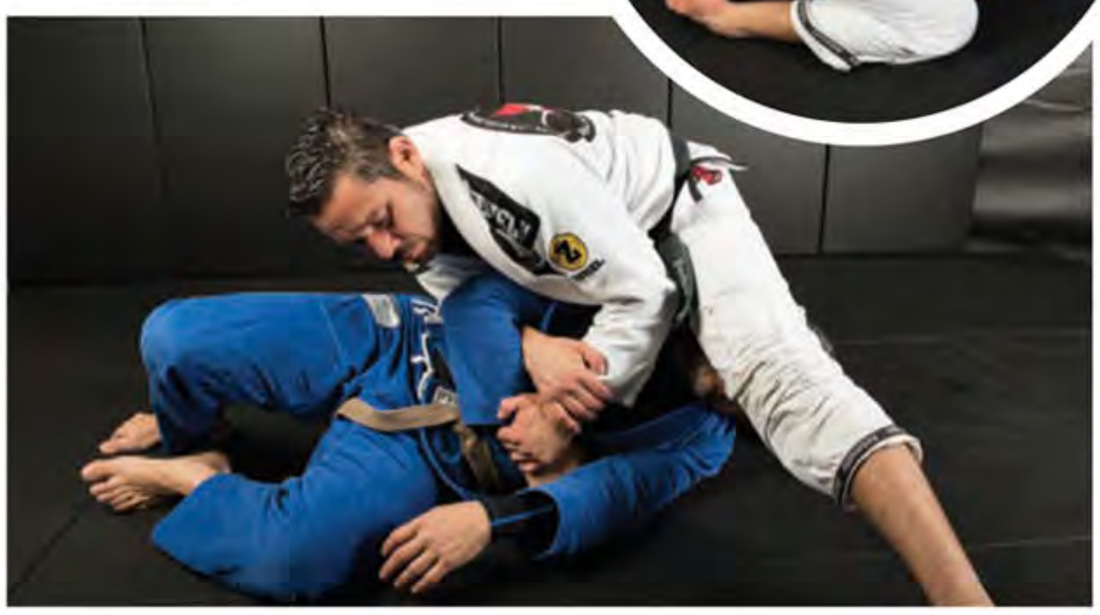
Depending on how your opponent moves, the Kimura might be your first option.

STEP 1

To launch this series of attacks, Matt brings his right knee and leg up against Mike's back.

STEP 2

Next, Matt steps his left leg out in front of Mike. The entire time he's staying heavy with his chest and stomach providing forward and downward pressure- arms and elbows tight as well.



STEP 3

Once the leg is over, Matt sits back and drags the left leg across to pinch Mike's head and brings his right knee up with his shin pressuring his body.

STEP 4

If Mike thinks an armbar is coming, he might begin to turn away from Matt to take the proper angle for an armbar away. This is when the Kimura is very easy.

STEP 5

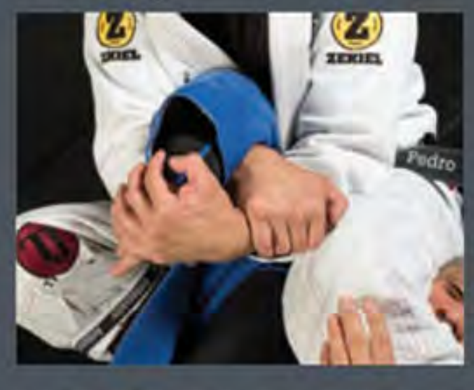
Mike's moving away from Matt which gives him the space needed to twist his body to his right side while taking the arm with him to finish with the Kimura. Matt keeps the upper arm against his chest and the hand down to the mat.

ARMBAR OPTION

If Mike does't rotate around to escape, Matt has the option of just sitting back while keeping that arm tight against the body to finish with an armbar. As Matt falls back, the arm is extended to the point where he just has to drive his hips forward to finish the armbar.

KEY POINTS

Thanks to the Kimura grip, the wristlock is also an easy submission for Matt to get.

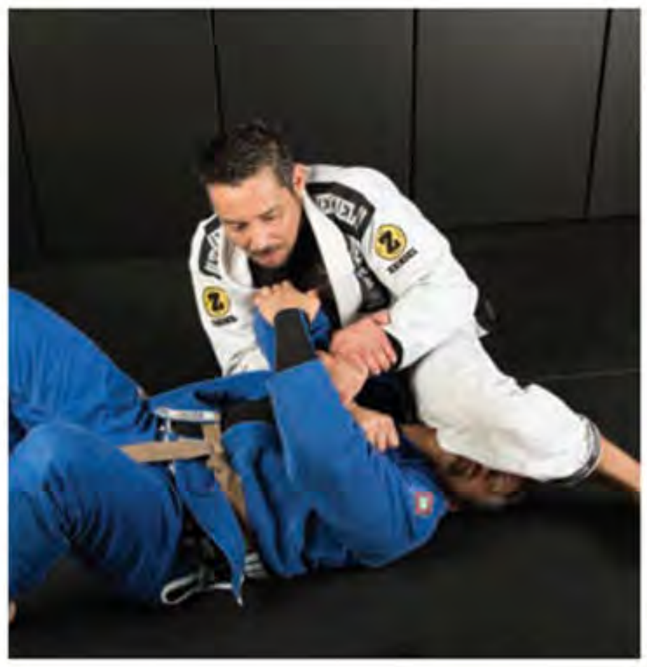


CHOKE FROM THE BACK

Now, let's say that your opponent is putting all their eggs in the "defending the arm" basket. That means that their upper body is going to be completely rigid and that they're going to do whatever it takes to keep you from breaking any limbs loose. That's okay.

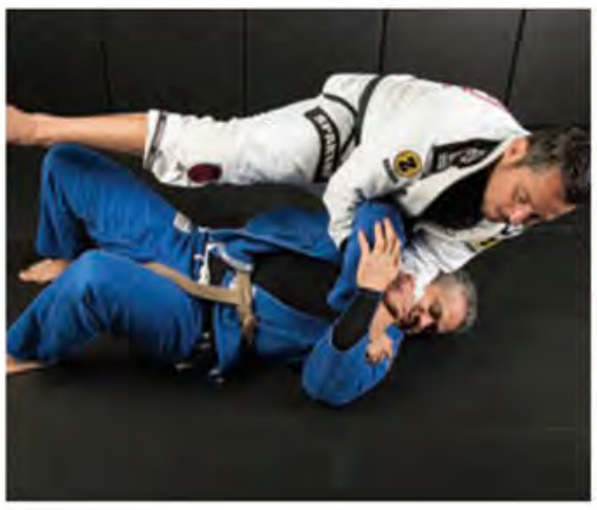
STEP 1

Matt's going for the arm, but Mike's not giving him anything. Matt brings his left leg back and goes back to the starting position when he first got that Kimura grip.



STEP 2

Instead, Matt brings his left leg against Mike's back and steps his right leg over his body.



REVERSE

STEP 3

Once Matt has his leg over, he is sure to keep everything nice and tight and sits back. Mike is doing the same thing- he doesn't want to let that arm go.

STEP 4

Now, Matt brings his right foot to the inside of Mike's thigh. This will keep Mike from turning into him to escape that armbar.

STEP 5

With the foot on the thigh, Matt falls back to his right side, bringing Mike up with him.

STEP 6

At this point, Matt could get the second hook in and go for the points, but he wants to make sure that Mike can't escape. So instead of worrying about points, Matt uses his left knee to "shove" Mike's upper body up and to his right while at the same time bringing his own left arm up to create some space for Mike's head to go through. At this point, it is pretty safe for Matt to bring his left leg over for the second hook and the points.

STEP 7

Once Mike's head is through and Matt's left arm is over the shoulder, he can let go of the Kimura grip and grab the right collar with his left hand, thumb in.

STEP 8

Finally, with the right side collar secure, Matt uses his left hand to grab Mike's left side collar as high up as he can with the thumb inside. To finish, Matt pulls down on that right grip while pulling back across Mike's neck with his left grip.

DEALING WITH THE TURTLE

There are a ton of different ways that you might find your opponent turtled up. Maybe they sprawled to defend a takedown, they went to turtle to avoid giving up points on a sweep, or maybe it's at the end of a scramble. No matter the reason, when your opponent is turtled up on you, it's a perfect opportunity to take their back. Having your opponent's back as regarded as the most dominate position in jiu-jitsu. Matt's going to show us a couple of different options to attack when your opponent's turtled up on you. Be cautious when someone's turtled on you. If they read Issue 41 with Eduardo Telles, they might just be baiting you into some turtle guard, so be sure to read that article.

BACK TAKE WITH HEX GRIP

STEP 1

When your opponent's turtled, keep your weight down low and off to their side. If you have too much weight on top of them, you'll be off balance and unable to control them. Instead, use your arms to keep them tight against you. Don't reach deep with your arm around them or else they can trap it and roll you.

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STEP 2

Using his left hand, Matt reaches through that space that Mike creates and places his left side palm down against the inside of Mike's left thigh. Matt keeps it low and tight so that Mike can't use his left hand to grab Matt's hand or arm.

STEP 3

Matt starts off with his right leg out and his left leg against Mike. He switches legs, bringing his left right leg in and across Mike's side while extending his left leg out.

STEP 4

As Matt makes that switch with his legs, he pulls Mike back towards him with his hex grip of the inside thigh. This pull brings Mike's body to his side. At the same time, Matt dives his right arm across Mike's neck.

STEP 5

Matt continues the pull so that his right leg is underneath Mike, hook not in yet, and he's maintaining the hex grip so Mike can't turn towards him to escape.

STEP 6

While maintaining the hex grip, Matt brings his left leg over Mike's right leg to get that first hook in. Once the leg is over, Matt releases the hex grip and brings his left hand up to Mike's right collar, thumb in.

STEP 7

Matt performs a double collar choke by pulling his right elbow back with a grip of Mike's left collar. At the same time, he's pulling his left grip of the right collar down and across. While this is going on, Matt kicks his right leg out to get past Mike's leg then brings it back to get the bottom hook.

KEY POINTS

If you're in a rush, it's possible to get this choke without having your hooks in. Depending on your opponent's defense, this might give you the option to scramble to the mount if they're strong with you on their back.

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RAZOR CHOKE

So what if your opponent's keeping everything tight with the turtle and they're not letting you get anything with the hex grip? Try the razor choke.

STEP 1

Mike's defending tightly, not letting Matt get his left arm in for the hex grip.

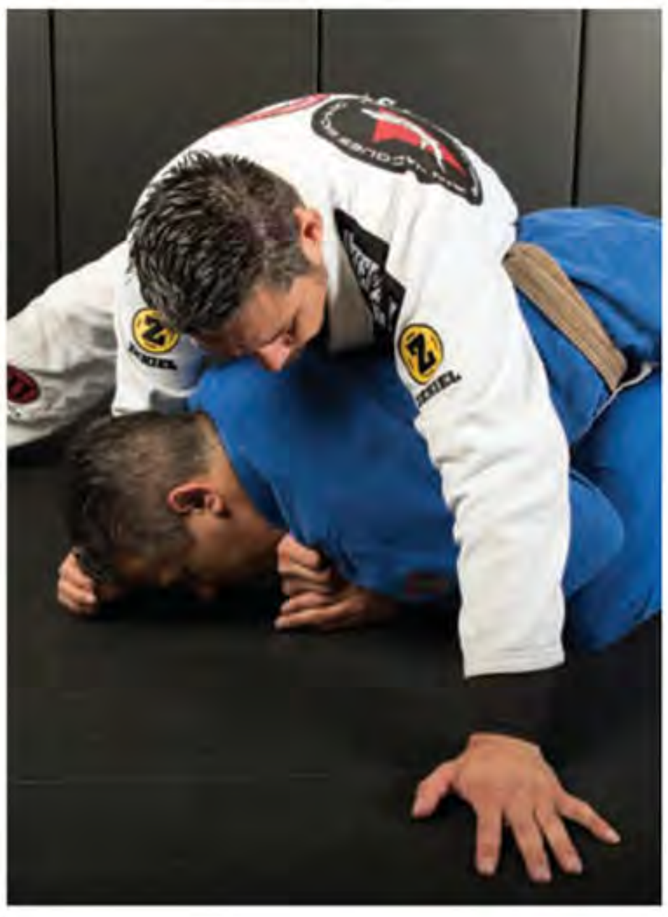
STEP 2

Since Mike's concerned with the hex grip, he can't defend his neck at the same time. Matt shoots his right hand across the front of Mike's neck to get a thumb inside grip of the far side collar.

At Step Two, Matt wants to make sure that grip is correct, nice, and strong. He doesn't want to rush to Step Three if that grip isn't solid.

STEP 3

Matt reaches across Mike's body to post his hand to the mat, to the left of Mike. While he's doing this, he's keeping himself low and tight against Mike.

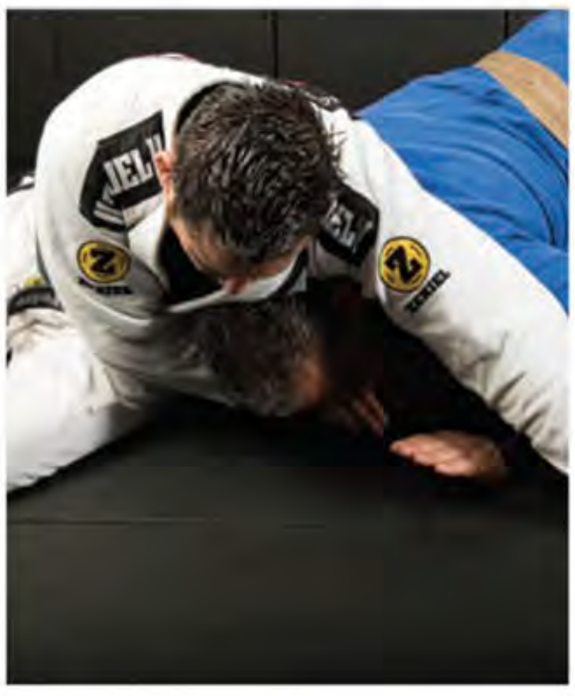


STEP 4

In one quick and smooth motion, Matt lifts his hip just enough to slide his left leg through and across Mike's right side while holding that collar grip nice and tight. Matt's not walking like he would for a clock choke. Instead, he's making a "jump" across Mike's body.

STEP 5

Matt uses the left side of his chest and his grip of the collar to finish the choke. His left arm is extended to block Mike's shoulder and from giving him any chance to escape. This choke happens instantly, when Matt lands to the mat or even sooner.



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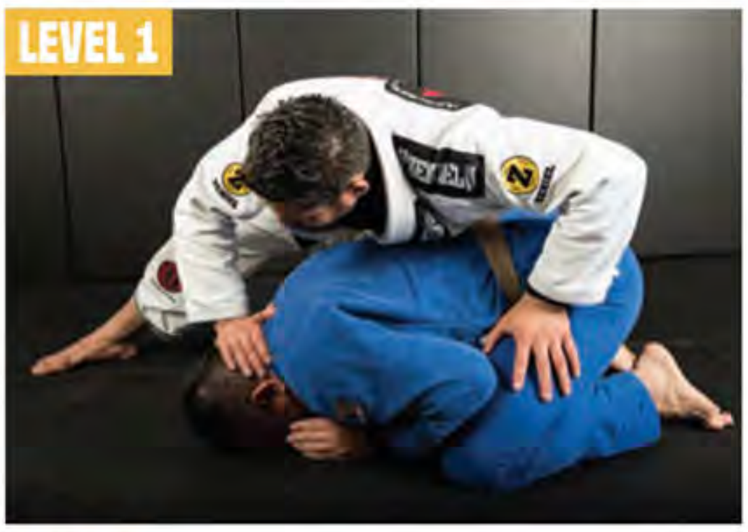
NECK TO THE GROUND TO BOW AND ARROW

If the person turtled up is defending everything and you can't force the position, you sometimes have to bait. In this technique, Matt's going to use some pressure and discomfort to get Mike to give up some space.

STEP 1

Mike's covering everything up and Matt can't get the hex grip or the collar. So, he cups his right hand on the back of Mike's head and forces it down to the mat.



STEP 2

Matt can increase the level of pressure on Mike's head. This might be necessary if the person turtled up is much larger than you. In this case, Matt just wants to make Mike uncomfortable so he ends up giving him what he wants. The first level of pressure is Matt using his hand and arm to push down. Level two would be Matt turning his elbow in and framing it against his right thigh. Level three would be Matt getting his elbow between his right thigh and hip and pressuring downward.

STEP 3

Matt wants Mike to think that the whole point of this pressure is for him to keep his head glued, or welded in the case of Level 3, to the mat. After laying down this pressure for a while, Matt brings his left leg up and around to circle around Mike's head. When his leg gets to his arm, Matt has to let go of Mike's head.

STEP 4

Sensing the pressure gone for that split second, Mike lifts his head off the mat. This gives Matt the opportunity to dive his right arm across the front of Mike's neck to grab his left-side collar. Matt's using his left hand and right foot to maintain balance.

STEP 5

With the grip on the collar, Matt brings his left hand to Mike's left pant leg and grabs a hold of some fabric. With everything locked up, Matt can maintain control of Mike depending on which direction he goes. In this case, Mike falls into the trap and turns to his right side to escape.

STEP 6

Mike's fallen into the bow and arrow choke - Matt already has his right leg over. Matt just needs to keep his right elbow tucked in tight and pull back on Mike's left leg. Matt puts some hip into it for good measure.

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BJJ TOUR FLORIDA

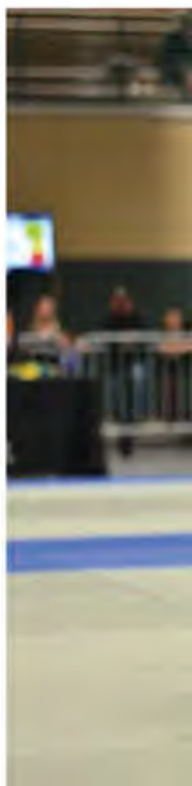
February 27
Kissimmee, FL
BJJTour.com

WORDS: **STAFF** | PHOTOS: **TONY RAPPA**

THE BJJ TOUR WAS HELD ON FEBRUARY 27TH AT THE KISSIMMEE CIVIC CENTER IN KISSIMMEE, FLORIDA. THIS VENUE, LOCATED IN BEAUTIFUL CENTRAL FLORIDA, IS PART OF THE HISTORIC DOWNTOWN BUSINESS DISTRICT. Several hundred competitors battled it out for a chance at cash prizes and that spot on the podium. The BJJ Tour is unique from other tournaments as they do offer several cash prizes depending on the division for competitors and teams.

The BJJ Tour awards 1st place black belt competitors $500, while black belt competitors in the absolute division receive $1,000. Top schools are also awarded cash prizes of $500, $300, and $200 respectively based off ranking. Finally at the end of the tournament year, top black belt competitors receive $1,000, with top open class division black belts receiving $2,000. Top kid's teams, and adult teams both receive $1,000 each. These prizes are enough to get the attention of many schools and top competitors in the area.

In the kid's division ,Cardonas BJJ, Gracie Barra, and Carlson Gracie Team earned top honors in the kid's division. Cardonas BJJ took home $500 as the first place team while Gracie Barra and Carlson Gracie took home $300 and $200. In the adult division Gracie Barra took home the $500 cash prize while Fabin Rosa BJJ and Fabio Novaes took home 2nd and 3rd place prizes.



THE BLACK BELT PRO DIVISION RESULTS ARE AS FOLLOWS

Each Received $500

MALE - ADULT - UNDER 154.5LBS – Rodrigo Lima (American Top Team Aventura)

MALE - ADULT - UNDER 181.5LBS – Victor Santos (GF Team)

MALE - ADULT - UNDER 208LBS – Nathan Mendelsohn (Coalition 95)

MALE - ADULT - OVER 208LBS – Misael Miranda (Brazilian Top Team)

Received $1000

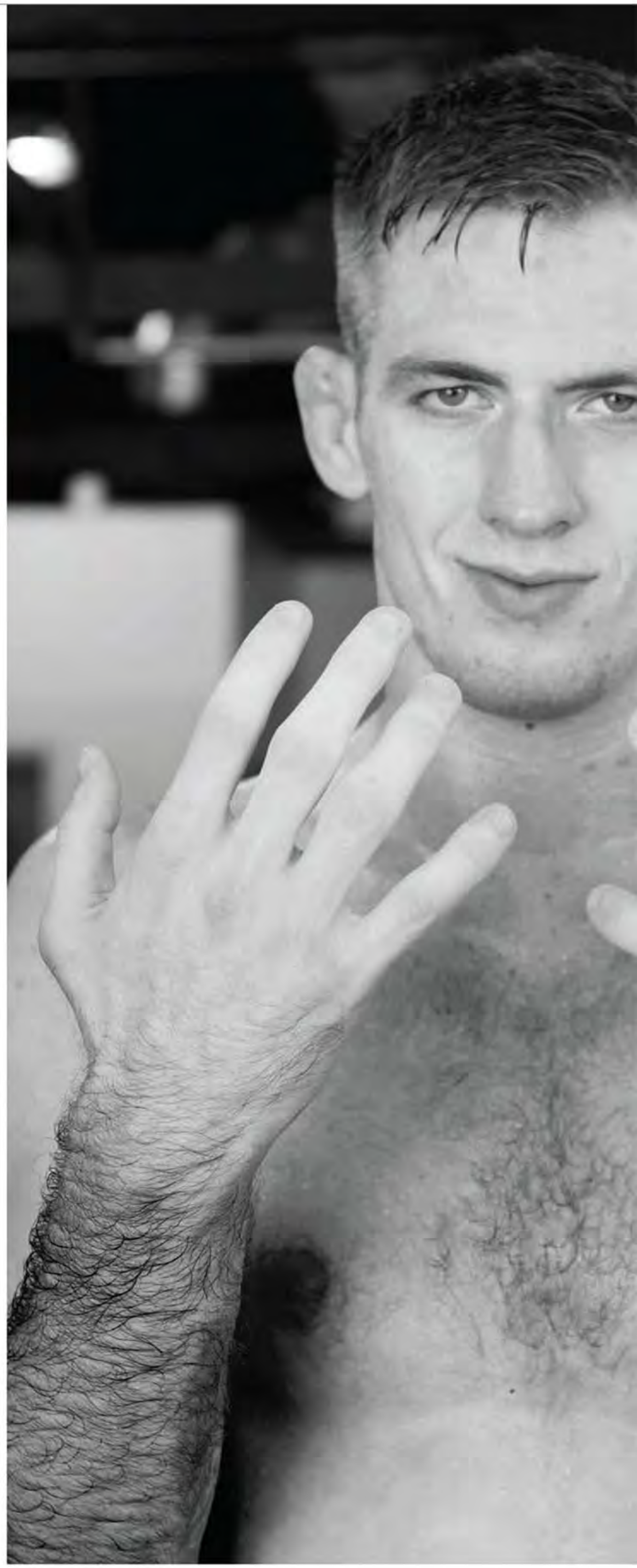
MALE - ADULT - OPEN – Jollyson Francino (Fabin Rosa BJJ)

Be sure to keep an eye out for the next BJJ Tour in California on April 10th. It will be held at the Felix Event Center at beautiful Azusa Pacific University. The same cash prizes will be awarded to competitors and teams, so be sure to check it out!

GRAPPLING WITH JOINT LONGEVITY IN JIU-JITSU

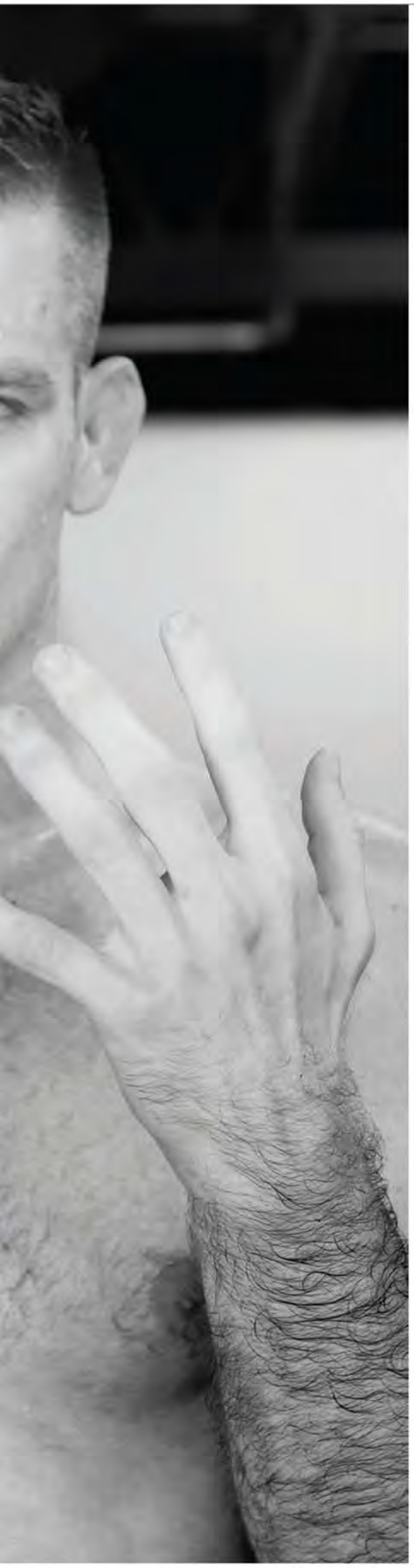
PART 1: A MEDICAL PERSPECTIVE

WORDS: **LEE DAY, MD**



Please note that this is provided as general education and is not intended to treat or cure any condition. Anyone reading this should speak directly to their personal health care provider about their specific medical needs. A works cited page was made available to the Editors at JJM.

I REMEMBER READING A POST ON SOCIAL MEDIA LAST YEAR BY KEENAN CORNELIUS REGARDING HOW TOUGH JIU-JITSU HAS BEEN ON HIS HANDS. HE WROTE THAT HE HAD LOST ABOUT 20% OF THE MOBILITY IN HIS FINGERS AND COULD NOT MAKE A CLOSED FIST ANYMORE. I see this frequently in my patients with advanced osteoarthritis (OA), but patients with these findings are typically older adults. Keenan is only 22! The amount and intensity of his training and competing have contributed to the state of his hands, but what should a jiu-jitsu plebeian like me do to maintain joint health? Musculoskeletal injuries occur in all sports, and occasionally these injuries can become problematic in the long run.

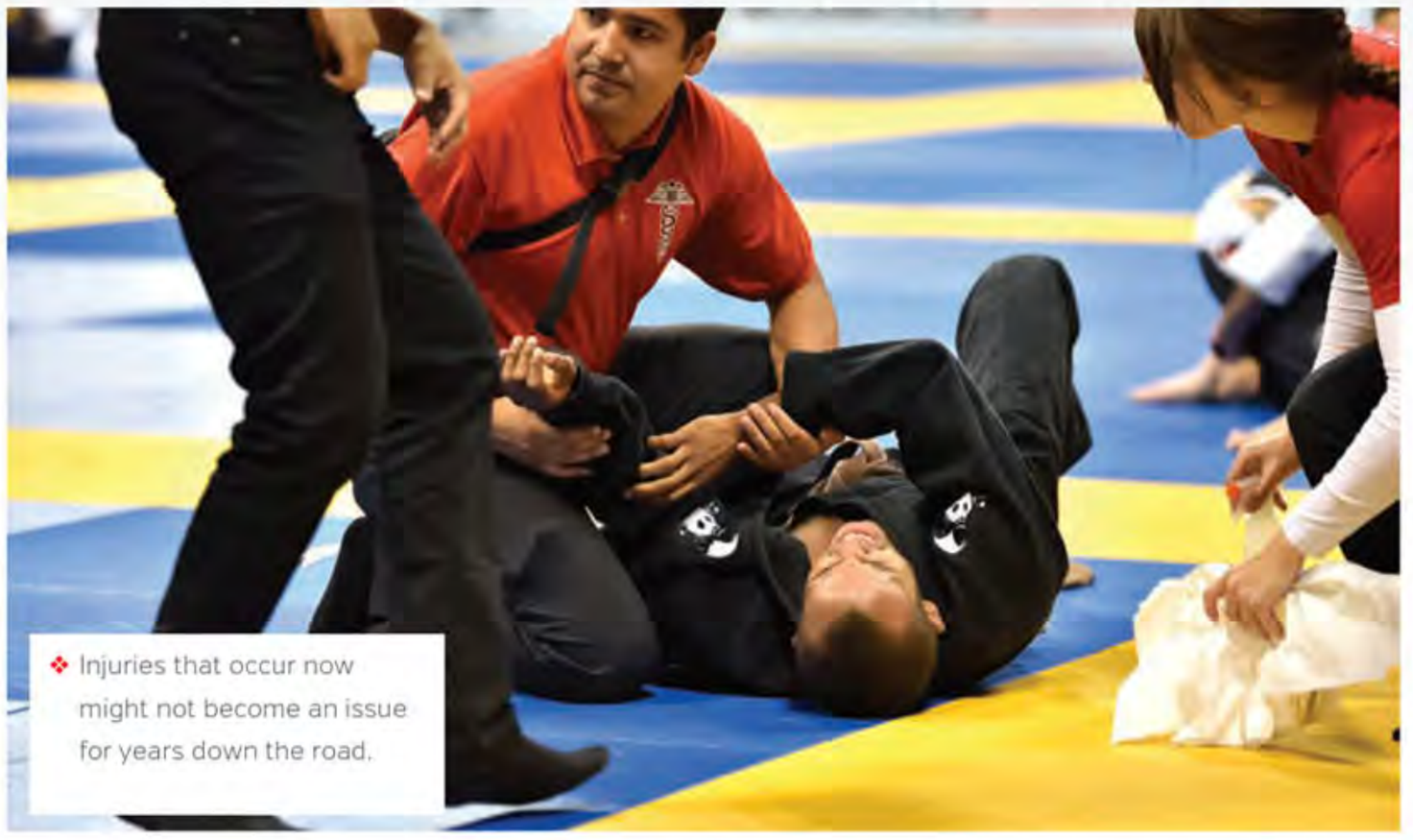


SHORT-TERM INJURIES

While a bruised ego is the most common short-term injury in jiu-jitsu, few parts of the body are completely immune from trauma. When I talk with practitioners who have been training for many years about joint health, there is usually mention of being more reckless in their early years and training smarter as they progressed. Locations of injuries in jiu-jitsu can vary, but there are some specific areas that are more commonly affected. Jiu-jitsu is poorly represented in medical literature, but there was a well done study in The Orthopaedic Journal of Sports Medicine in 2014, concerning injuries that occurred during jiu-jitsu competitions over a seven year period. In the 2511 matches (or 5022 exposures) reviewed, the elbow was the most common area of injury, and the armbar was the leading cause. The next most injured area was the knee, followed by the foot/ankle, hand, shoulder, hip, and neck. The authors concluded that there were 9.2 injuries per 1000 exposures in jiu-jitsu competitions. When compared to wrestling, MMA, judo, and taekwondo competition injuries, it was suggested that jiu-jitsu had a substantially lower risk than the others. Regardless of location, injuries both small and large happen, and it is often the lingering effects of those injuries that become troubling later in life.

YEARS LATER

Most injuries will heal and never bother you again, but it is possible that the prior site of a jiu-jitsu injury will develop into osteoarthritis as a long-term consequence. According to the American College of Rheumatology, OA is a joint disease that progresses slowly over one's lifetime and is generally seen in middle-aged to older adults. The 2005 US Census listed OA as the leading cause of disability nationwide. Pain with use of an affected joint is the main symptom, and the most commonly affected joints in the general population are those of the hands, knees, spine, and hips. However, affected sites can vary based on risk factors and prior exposures.



Injuries that occur now might not become an issue for years down the road.

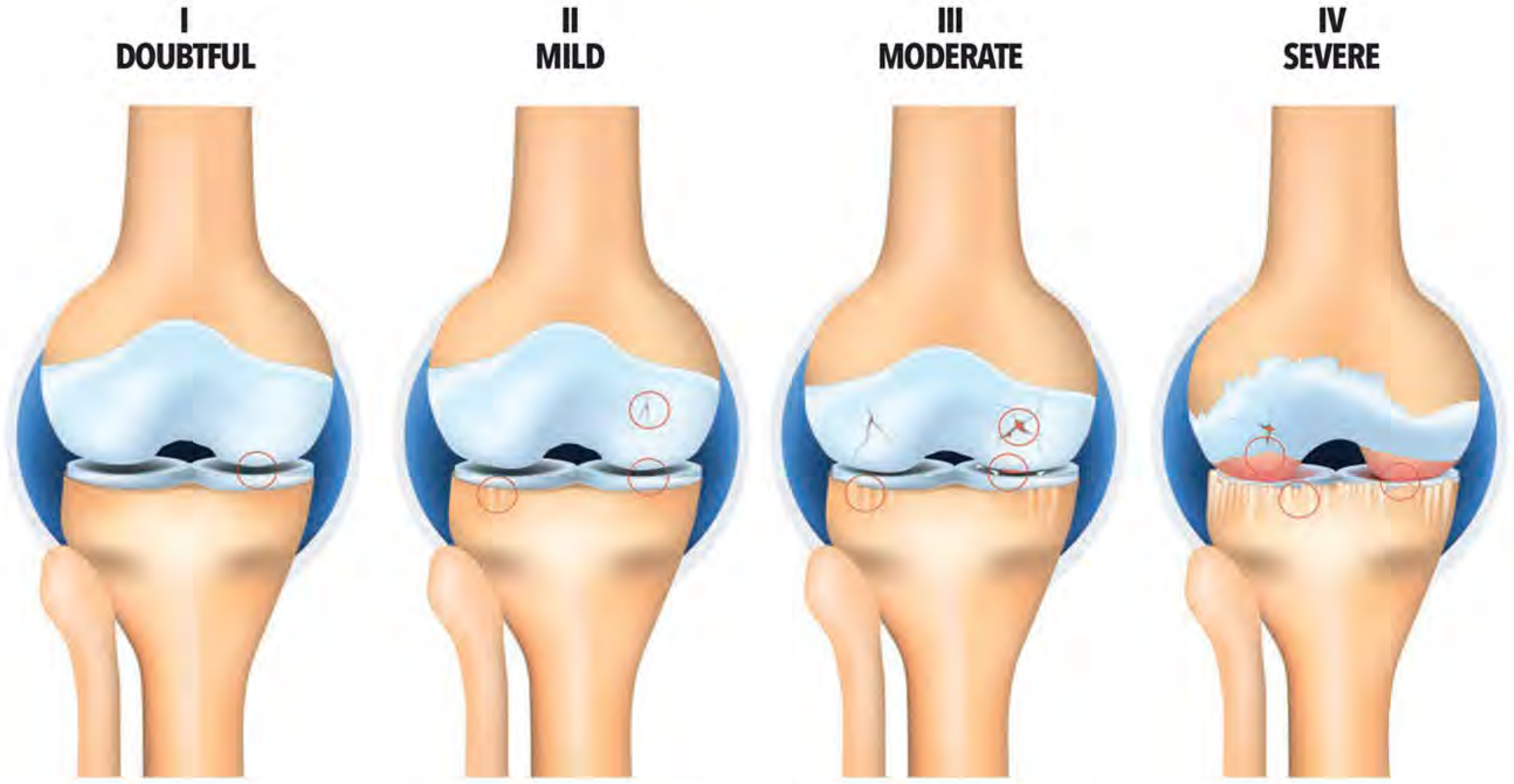
RISK FACTORS

OA was previously thought to be solely a disease of normal aging and considered a result of "wear and tear". While that is partially true, it is now understood as a complex chronic disease caused by both short and long term mechanisms. As such, advancing age is one of the strongest non-modifiable risk factors. The prevalence of OA increases throughout life and is seen in most people 70 years of age or older. Additionally, and for unclear reasons, women are at higher risk of developing OA than men. You can't do much about the former risk factors, but obesity has been identified as the strongest of the modifiable risk factors. Lastly, involvement in particular sports expose an individual to repetitive low-level microtrauma and major injuries that can eventually develop into OA. Although the earlier article specified joints most injured during competition, there is no data on which joints become arthritic most commonly in jiu-jitsu. The related sports of judo and wrestling do have some data suggesting OA of the neck, knee, elbow, hand, and ankle are the most commonly affected, and this may hold true for jiu-jitsu as well.

WHAT'S HAPPENING IN THE JOINT?

The gist of osteoarthritis is that it is a decline in the amount of cartilage within a joint. How that happens is surprisingly complex, and several factors play a role in development. A healthy joint contains plenty of cartilage between the bones. This cartilage is smooth and acts as a lubricating surface to allow the bones to glide easily against one another. As a joint becomes arthritic, there is degradation of the cartilage due to an imbalance in the ability to both synthesize and breakdown its parts. This loss of cartilage begins at the joint surface and can eventually progress to full cartilage loss. At the same time, some inflammation is present in the degrading joint. Prolonged inflammation leads to the development of bone spurs, called osteophytes, and osteophytes can be seen as joint thickening. Although cartilage does not contain sensory nerves for pain, the bones do. With a full-thickness decline in cartilage, the bones rub against one another and cause the classic sensation of a painful joint. Additionally, without the smooth surface, there is a loss of normal range of motion. The result of OA on jiu-jitsu can be seen as reduced grip strength, pain with movements, and decreased flexibility.

STAGE OF KNEE OSTEOARTHRITIS



Minimum disruption. There is already 10% cartilage loss.

Joint space narrowing. The cartilage begins breaking down. Occurrence of osteophytes.

Moderate joint space reduction. Gaps in the cartilage can expand until they reach the bone.

Joint space is greatly reduced. 60% of the cartilage is already lost. Large osteophytes.

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PREVENTION

Osteoarthritis develops over decades and is considered a chronic disease. Because of this slow development, everyone should take steps toward prevention years in advance. Although I mentioned earlier about the risk to joint health with jiu-jitsu, there are also aspects of jiu-jitsu that prevent progression to OA. How many people do you know in your gym - or have read about in Jiu-Jitsu Magazine - who lost a significant amount of weight from jiu-jitsu? The weight loss, maintenance of a normal body weight, muscle strengthening, and general wellness may all help counter the risks that lead to OA development in jiu-jitsu.
In terms of injury prevention, general avoidance of injury by tapping early and understanding which body areas are in danger during rolling is vital. Proper warming up before rolling or class can further help to decrease the risk of joint injury. In terms of supplements to prevent OA, there is unfortunately not a lot of quality data supporting their use. An article in The American Journal of Sports Medicine in 2015 looked at 12 different supplements to prevent knee OA. As is often the case with alternative medicines, the authors found that several articles on nutritional supplements and prevention of OA were of poor quality and did not meet their inclusion criteria. Of the ones that met their criteria, only glucosamine and chondroitin had supportive data showing decreased joint space narrowing in at-risk individuals. That being said, the recommended use of glucosamine and chondroitin is controversial among physicians due to inconsistent clinical trial results.

General Treatment Strategies

Unfortunately, once the cartilage has degraded, there is no way to restore it. Most treatment strategies focus on pain relief, swelling reduction, and an attempt to improve quality of life.
If joints become painful over time in spite of prevention, the first step in treatment should be an evaluation by a healthcare provider. Many people wait until OA is severe to seek help, but it is beneficial to develop a strategy for treatment early on. The American College of Rheumatology has specific treatment guidelines depending on the joints affected, but lifestyle approaches can often be the first step if pain is not disabling. Weight reduction is paramount for those who are overweight, but continuing low-impact aerobic exercise and muscle strengthening is important regardless of weight. Physical or occupational therapy can also be of benefit. If medications are needed, many over-the-counter medications such as acetaminophen, ibuprofen, or naproxen are used first. If the response to these medications is insuffici t, topical agents like capsaicin may be used. If those options have failed, stronger pain medications, steroid injections, and hyaluronate (a compound similar to joint fluid) injections can be attempted. Finally, if nothing helps and the pain is unbearable, a referral to an orthopedic surgeon should be considered. Most people with OA do not require joint replacement though.

PART TWO

of this series on joint longevity will look into which joints are most commonly affected with osteoarthritis in jiu-jitsu, and I will discuss the recommendations on joint longevity from some veteran practitioners. Be sure to follow Jiu-Jitsu Magazine on social media for your chance to contribute to the research survey.

WRAP UP

The repetitive movements, tight grips, and exposure to injury can increase the possibility of OA development in jiu-jitsu practitioners. While this article can sound gloomy about jiu-jitsu and joint longevity, it is important to remember that not all jiu-jitsu players are exposed to the same risks. Professional jiu-jitsu athletes will likely have a higher chance of developing OA than recreational practitioners due to more exposure to risk factors over a lifetime. Regardless of the amount of training, being vigilant about injury avoidance will best serve us all for healthy joints, so there is no shame in tapping early. Additionally, the benefits to whole-body joint health may actually outweigh the potential harms to select joints associated with jiu-jitsu. In the end, I would rather take a chance on the possibility of OA with jiu-jitsu over the near certainty of OA associated with obesity and a sedentary lifestyle.

DEFENSE SOAP

FOOT CLEANING STATION

DEFENSESOAP.COM

FROM EBOLA TO THE BIRD FLU, EVERY SO OFTEN THERE IS A NEW DISEASE THAT THREATENS HUMAN EXISTENCE. FORTUNATELY, SCIENTIST AND OTHER OFFICIALS HAVE DONE A DECENT JOB OF PREVENTING A REPEAT OF THE BUBONIC PLAGUE OR A SMALLPOX OUTBREAK. For grapplers, the main concern is ringworm, warts, herpes, staph, and the dreaded MRSA. Although these conditions are all treatable, no one in their right mind would want to go through it.

WHAT IS IT?

Ever see those movies of scientist working in a lab? Before they enter they have to put on what looks like a space suit, walk into a room, and get sprayed by something. I'm not a scientist, but I'm fairly certain that's meant to decontaminate the subject. Well think about your gi as that space suit, and instead of walking into a decontamination room, you step onto the Defense Soap Foot Cleaning Station.

This cleaning station works better than scraping your feet on some rug full of dirt and germs before coming onto the mat. It's an easy way to minimize the amount of bacteria and germs dragged onto the mat via the feet of students. In reality, you will never be rid of everything that can be on the mat. All you can do as a student or school owner is minimize the risk of tracking anything onto the mat, or God forbid catch something already on there.

HOW DOES IT WORK?

The station itself has three parts. Basically the blue bin holds a bristled cleaning mat that you pour the Defense Foot Cleaning Solution over and onto. The solution contains Tea Tree and Eucalyptus oil as it's active ingredients. You fill the station up until the solution is visible below the bristles of the station.

STEP 1

Step into the cleaning station and pivot your feet for 10-15 seconds.

STEP 2

Step onto a dry clean towel and dry your feet before walking onto the mat.

IS IT WORTH IT?

As an academy owner, the safety of your students should be a top priority. This not only means making sure they are training safely with the right training partners but from all harm. With grappling this includes harm from bacteria and viruses that can be found living on the mat. For less than $60, you can get the Deluxe Foot Cleaning Station with a gallon of solution. The lid fits tightly to help keep the solution from evaporating when not in use. If you're a school owner, when coupled with a strict cleaning regimen, this would be a small price to pay to give your students peace of mind knowing you're doing everything possible to keep them safe.

Perfect for school owners wanting to minimize risk on their mats.

VALUE	★★★★★
QUALITY	★★★★½
OVERALL	★★★★½

CONCLUSION

There is an obvious benefit from using the Foot Cleaning Station at every academy. I have no doubt that it will greatly minimize the chances of contracting something from the mat. My only concern would be in the enforcement of its use. Some academies don't have a central location students step on and off the mats, so logistically setting up a foot cleaning station can be a headache. Also, students like myself step on and off the mats more than once per class, either during breaks or to get a drink of water. This doesn't take away from the benefits of having a foot cleaning station, but school owners might want to think about the logistics first before implementing (and enforcing) a foot cleaning station.

PEAKING FOR COMPETITION

HOW TO PROPERLY PREP

WORDS: **COREY BEASLEY**

THE WEEKS LEADING UP TO A TOURNAMENT CAN BE A BIT OVERWHELMING. PRACTICES GET MORE INTENSE, CUTTING WEIGHT, NERVOUS ENERGY...LIFE CAN GET A LITTLE CRAZY TO SAY THE LEAST!

It is important that the coaches take the time to help each athlete prepare physically, mentally, and technically for the upcoming event. But it's also incredibly important for the team to monitor how well the athlete is recovering and responding to the training over these last few weeks. Done correctly, that athlete walks into the competition rested and ready to give it his or her best. Done poorly, an athlete can be stagnant, fatigued, and can potentially get injured.

This article will provide some tips to help you streamline your training, improve your performance, make weight, and walk into competition ready to perform at your best.

3-4 WEEKS OUT

At this point, hopefully the athlete has been training consistently for months. Consistent practice and training builds momentum, timing, control, and lays the foundation for more intense work. A month out from a big tournament, it's important to fine-tune your skill set, stay healthy, and maintain strength and power leading into the competition.

Training tips:

- **KEEP THE INTENSITY UNDER CONTROL -** maintain strength, increase specific power, endurance.
- **KEEP THE ATHLETE HEALTHY -** Warm up with mobility, activation, and simple bodyweight drills.
- **FIRE UP THE NERVOUS SYSTEM -** Small doses of agility, plyometrics or throwing drills.
- **MAINTAIN STRENGTH -** Keep it simple. Pick stuff up, squat, lunge, push, pull and carry.
- **IMPROVE POWER ENDURANCE** – Improve your ability to repeat explosive efforts.
- **NOTHING NEW** – This is not the time to try new things. Fine tune the things you've been working on for awhile.
- **REDUCE THE VOLUME -** What are the demands of the upcoming event?

If the match is three, 5 minute rounds, then train for three, intense five minute rounds. Grinding too much at this point can easily lead to overtraining, a poor performance, and/or injury. As we get closer to the fight, the volume (amount of work) should reduce to allow our body to recover.

NUTRITION

Forget the diet fads. Drink lots of water and eat good, quality vegetables, proteins, fats, and carbohydrates 80-90% of the time. That way, you feel good, recover well, and are always within striking distance of your comp weight.

SLEEP

7-9 hours of uninterrupted sleep is one of the most basic ways to reset our minds and help our bodies recover. Although its commonly overlooked, a good night's rest is one of the quickest ways to reset physically and mentally.

Try creating a consistent nighttime routine to clear your mind, relax, and prepare yourself for a good night's sleep.

Try turning your phone and television off. Spend time with family or friends, read a book, take a hot shower, listen to an ebook or similar. Since we are bombarded everyday with information and noise, it's important to shut everything down and give our minds a chance to relax.

LAST COUPLE OF WEEKS...

CUT THE RESISTANCE - This depends on the competition and the athlete, but typically, we'll cut the majority of resistance training 10-14 days out from competition to allow the athlete to recover. Now, if we are talking about a weekly wrestling tournament, this may not apply, but for a big event, 1-4 times per year, we would recommend adjusting accordingly.

SKILL SPECIFIC - As we reduce the resistance work, we'll change our focus to sport specific drills to fine tune and work on your game plan. This helps prepare the mind and body for the specific demands of the upcoming event.

WEIGHT CUT - At this point, you should be within striking distance of making weight. We don't recommend waiting until the last minute, fasting and dropping all kinds of water weight. Eat good, quality foods 80-90% of the time and your life will be much easier. Water, vegetables, healthy fats, and proteins should be the majority of the food you're eating. Fruits and root vegetables (potatoes, yams, etc) should also be used sparingly to maintain metabolic function and mental sharpness.

RECOVER - As the intensity and volume of your sessions goes down, you should use this opportunity to increase the amount of restorative work that you are performing. This will help your body heal up, give your mind a break, and allow you to be as close to 100% as possible on fight day. Massage, contrast showers, hot baths, and other recovery techniques can be added to speed the recovery process.

ELIMINATE DISTRACTIONS - Leading up to a big event, you have enough to think about, so do your best to eliminate unnecessary distractions. No need for extra stress at this point. Boil it down to the basics and focus on the task at hand. The majority of your thoughts and actions should be guided toward your goal right now. Get your mind and body right, so you can perform up to your potential.

RELAX - Everybody is a little different, but it's important to discover what relaxes YOU and keep your mind relaxed. Breathing techniques, meditation, walking outside, playing cards, hanging out with good friends/family, or other relaxing activities are good ways to stay calm, cool, and collected leading up to a big event.

LAST 48 HOURS

The last couple days before a competition should be pretty simple. At this point, you should be on autopilot and simply doing the things that you know get you prepared physically and mentally.

Any movement or training should be extremely light, simple, and easy: drilling, stretching, mobility, bodyweight work or similar, just to keep the body moving, a little sweat going, and get the blood moving around.

Your weight should be about 3-5lbs from your goal at this point. Completely eliminating refined sugars, grains, dairy and other processed foods should help you drop those last couple lbs. If you need to use a sauna or hot bath to shed a little water, keep it to a minimum. Ideally your consistent training schedule and nutritional discipline over the last few weeks has put you right where you need to be.

Mentally, I'd recommend giving yourself a break. You've been training hard for the last few months and it's probably a good idea to take a breather. Read a book, hang out with friends or family, get outside, or do something to allow yourself to relax, recover, and take your mind off the upcoming event.

MONITORING RECOVERY

Every athlete is unique and responds to stress differently. Although the training may be similar, each athlete thinks differently, eats different foods, sleeps more/less, has more/less experience, and in turn, reacts differently to the stress placed on them every week. Stress from training, as well as stress from life, has an effect on our body and our ability to perform. By monitoring our body's signals, we can adjust our training accordingly, stay healthy, recover effectively, and perform at our best.

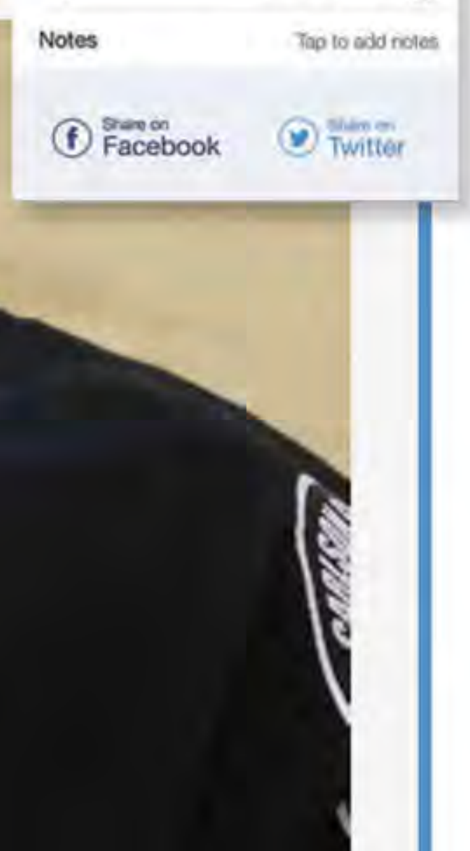
RESTING HEART RATE - take a resting heart rate reading every morning before getting out of bed. You can use this test consistently to see how effici t your heart is, as well as how well your body is recovering throughout the week. Are you under 60 beats per minute? 50? Do you notice a sudden increase after a hard day of training? Your body might need to take a break.

1 MINUTE RECOVERY BETWEEN ROUNDS - After rolling live, take your heart rate and then rest for 1 minute and repeat the test. How well did you recover in 1 minute? The better your conditioning is, the faster you'll recover between bursts of effort. Did you drop 30 beats? 40? 50? Over time, you should see an improvement in your ability to recover from hard rounds.

PERFORMANCE NUMBERS - broad jump, vertical. A simple vertical jump test can tell you a lot about an athlete's recovery. Research shows that only two weeks in an overtrained state can result in a 5% reduction in strength, 36% reduction in power output and can take 2-8 weeks to recover completely. Try testing every few weeks to monitor progress.

SLEEP - How are you sleeping? Having trouble getting 7-9 hours of good sleep? Sleeping well? Might seem easy to overlook, but sleep is definitely an essential piece of the puzzle.

USING TECH - Heart rate monitors, Omegawave, or other tech can help give you some insight on the intensity of various activities and how well the athlete is recovering during training and throughout the week.



RECOVERY TECHNIQUES

Everyone reacts to training and life differently. Training, workouts, work, family, and other life stresses have an effect on all of us. Your specific situation will determine the methods used for recovering between sessions and leading up to competition.

If you are feeling irritable, restless, not sleeping well, and stressed out...you might want to try:

- Eat lots of fresh fruits and vegetables
- Avoid stimulants such as caffeine, pre-workout, etc.
- Try taking some B-Vitamins
- Cold showers in the morning
- Light, low intensity skill or conditioning work.

If you are feeling fatigued, tired, not able to sleep, have a low libido, decreased motivation or similar, you may want to try:

- Eating more healthy proteins and fats
- Taking more Vitamin C
- Using Contrast Showers - 3 minutes HOT, 1 minute COLD, for 3 rounds.
- Dry Sauna, alternated with short, cold shower rinse.

INTENSE, DEEP TISSUE MASSAGE

Over time, you will learn how your body responds and hopefully develop a routine that works for you. Training, workouts, nutrition, and recovery will all improve over time, and you'll know exactly what you need to do leading up to a big event. That way, you can relax and focus on the task at hand... performing well and enjoying the experience.

YOU'RE READY TO GO!

Every competition should be a learning experience. You'll learn how to improve your preparation, learn about holes in your technique, how you respond to pressure, and much more. Over time, you will improve in all of these aspects. Keep learning, stay persistent, and consistently work to improve every aspect of your game. Do this for long enough and people will start to say that you're lucky!

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NC	Greensboro	Gary Mattevi	336-286-7073
NC	Harrisburg	Mark Cukro	704-363-6236
NH	Lebanon	Nicholas Bramlage	919-608-9279
NV	Las Vegas	Mica Cipili	702-214-6414
OH	Cincinnati	James Kelly	513-860-2310
OH	Deleware	Charles Riedmiller	740-362-2222
OH	North Ridgeville	Ed Powers	440-327-3688
OH	Youngstown	Tony Rinaldi	330-782-3869
OH	Niles	Jim Bundy	330-652-0121
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OR	Portland	Tom Tegner	503-964-1405
OR	Tigard	Joe Heller	503-360-8692
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UT	Ogden	Mark Johnson	801-920-6500
UT	Park City	Mike Diaz	801-637-6122
UT	Pleasant Grove	Mark Balcer	801-785-0354
UT	Sandy	John Carlquist	801-561-2535
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UT	Salt Lake City	William Bernales	801-463-1727
UT	Lindon	Ray Griffin	801-513-9775
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VA	Virginia Beach	Nestor Bayot	757-963-1717
VA	Virginia Beach	Frank Cucci	757-495-7070
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WA	Camas	Mel Locke	360-210-4588
WA	Everett	David Fiedler	425-870-2157
WA	Longview	Robert Slape	360-442-9943
WI	Milwaukee	Jake Klipp	414-737-5315
WI	Milwaukee	Jonathan Friedland	414-248-3595
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Australia, Cleveland		Carlos Bozano Collor	61416961125
Australia, Melbourne		Murat Karadenizli	0401 582 738
Australia, Templestowe		David Krstic	0419 365 970
Brazil, Petropolis, RJ		Breno Angelo	24 2237 4874
Brazil, Sao Paulo		Thiago Bertoni	11 7866 1779
Canada, Foxtrap, NL		Jason Foley	709-834-0895
Canada, St. John's, NL		Alex Foley	709-237-5425
Canada, St. John's, NL		Michael Foley	709-738-8109
Chelmsford, Essex UK		Robin French / Peter Squire	-
Colombia, Floridablanca		Sergio Daza Suarez	311-476-6020
Iceland, Reykjavik		Johann Eyvindsson	-
South Korea, Seoul		Jeong Ho Lee	821043874200
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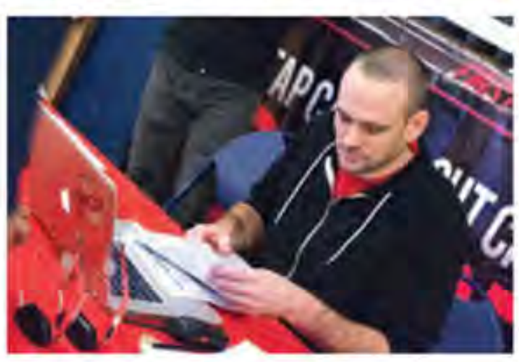
TAP CANCER OUT



CANCER KILLS MILLIONS OF PEOPLE WORLDWIDE. IN THE UNITED STATES ALONE. Cancer can be attributed to nearly one out of every four deaths. In some way or another, cancer has had a devastating impact on the lives of most people living around the world, and the jiu-jitsu community is no exception. The disease has impacted the lives of many who train, including that of Jon Thomas, a long time jiu-jitsu practitioner who has lost friends and family to cancer. As a result, Jon founded Tap Cancer Out, a jiu-jitsu based 501[c][3] non-profit organization that helps raise money to cancer fighting organizations.

Tap Cancer Out is unique from other non-profit organizations as they hold jiu-jitsu tournaments in order to raise money for several cancer-fighting organizations. Over the last four years alone, this Stratford, Connecticut based non-profit has raised and donated more than $325,000 to cancer fighting organizations. Organizations such as the Leukemia and Lymphoma Society has received $85,000 and from 2014-2015, Tap Cancer Out raised $236,000 for the St. Baldrick's Foundation! In addition to their tournaments, TCO holds fundraising events, sells merchandise (yes, they have gis) to help fight cancer.

With only an 8% survival rate, pancreatic cancer has one of the highest death rates of any other cancer. It is projected to be the second deadliest form of the disease by 2020. In true jiu-jitsu fashion, Tap Cancer Out won't shy away from a fight and has announced the Pancreatic Cancer Action Network as its beneficiary partner for 2016-2017. The organization does amazing work to fund potentially life-saving research to help find a cure for a cancer that affects 1 in every 67 Americans. Through TCO's fundraising jiu-jitsu tournaments across the United States, the organization plans to raise over $200,000 over the next two years to benefit programs within the Pancreatic Cancer Action Network.

The jiu-jitsu community is a special one. With people from all over the world, the sport has been able to transcend race, politics, and religion in an effort to bring people together for a common love. It also brings together people of all professions, backgrounds, educations, and cultures. The community is a force to be reckoned with and can be a force for good. Tap Cancer Out is an example of how the jiu-jitsu community has come together in order to fight a common enemy in cancer. CEO Jon Thomas along with his incredible colleagues at TCO work tirelessly for this cause. I've personally witnessed them stay late into the night, rain or shine, to make sure their events are the best quality possible. With help from the jiu-jitsu community and other patrons, there is nothing stopping Tap Cancer Out from accomplishing their goals in aiding the fight against cancer.

Tap Cancer Out is coming up on their fifth anniversary of their annual event held in Stratford, CT on Saturday, April 23, 2016. In addition, the organization has sponsored events in Boston, and the mid-Atlantic in 2016. Be sure to check out their website for more information on their tournament and ways you can help their cause.

tapcancerout.org

Jiu-Jitsu is about Defense.

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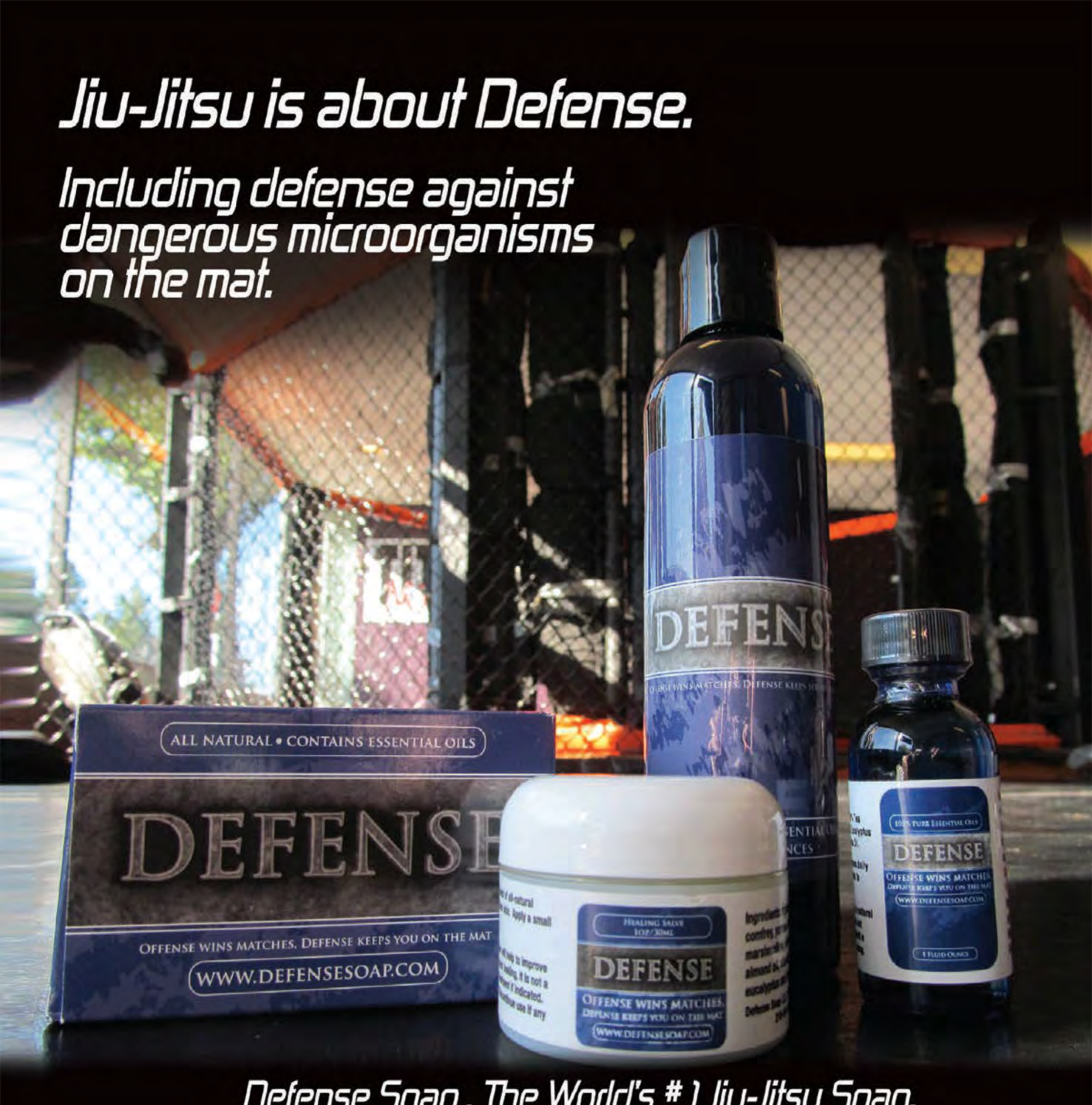

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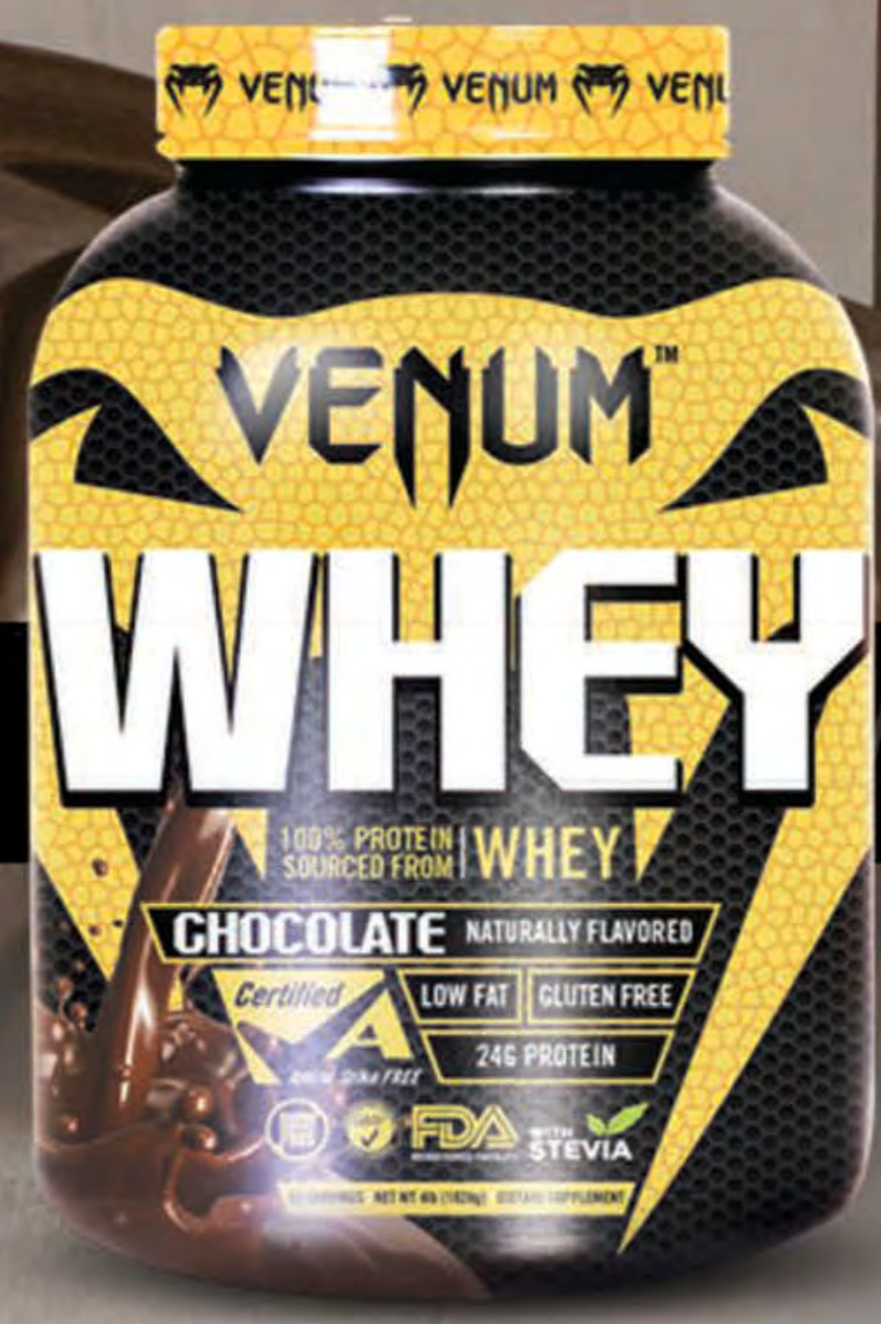

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